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Serena Ryder, The Sheepdogs and Robin Thicke will all be at the Juno Awards broadcast at MTS Centre on Sunday. Can't be there? There are a ton of other events happening this weekend. See our Juno coverage on pages 15-19.

THE CANADIAN PRESS

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Fielding launches anti-rapid transit petition on website

'Call to action.'
Councillor concerned final cost could reach above $600 million

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A city councillor known for his opposition to rapid transit is aiming to put the brakes on the $600-million mega project by launching an online petition.

Coun. Scott Fielding said the petition, which can be found at his website, scottfielding.ca, gives Winnipeggers the chance to voice their concerns about the second phase of rapid transit, which would link downtown to the University of Manitoba.

"What I'm announcing is a call to action for our citizens," said Fielding.

"Right now, we know that the infrastructure is in rough shape, we hear from our citizens all of the time, we need to invest money."

Fielding's press conference on the petition was held at the railway crossing on Waverley Street just south of Taylor Avenue.

He said he picked this location to show that the city's portion of the rapid transit project, roughly $225 million, should go to infrastructure improvements such as the Waverley underpass.

Fielding said he remains skeptical of the $600-million figure cited for the mega project, which includes the second phase of rapid transit, the Pembina underpass at Jubilee and the Calrossie drainage improvements.

Asked if he's running for mayor, Fielding said, "You can't register for mayor until May 1."

"I'm obviously considering it," he said, and then added that Thursday's press conference was not a campaign launch; instead, it was his addressing a topic that came up during Wednesday's council meeting.

The tendering for the Waverley underpass closed on Wednesday.

Transit agency eyed

Winnipeg's growing transit system needs its own development agency, according to a motion Coun. Russ Wyatt tabled during Wednesday's city council meeting.

- The Transit Development Agency would function in a similar manner to CentreVenture, and be tasked with increasing ridership and encouraging density along the rapid transit route.
- This motion was automatically referred to the city's executive policy committee.

Coun. Scott Fielding said the city should concentrate its tax dollars on existing infrastructure, not mega projects like the second phase of rapid transit. BERNICE PONTANILLA/METRO

Winnipeg ropes in Prince George fire chief

A national search for Winnipeg's new fire chief has ended in British Columbia, where the former chief of the Prince George department has been scooped up.

In an email to civic leaders and city staff on Thursday, Deepak Joshi, acting chief administrative officer, said John A. Lane has been selected as chief of the Winnipeg Fire Paramedic Service.

"I am confident that, in Chief Lane, we have found a fire and paramedic chief who will work closely and effectively with council, the senior management team, the staff of the WFPS, civic unions and associations, and the public, to help make Winnipeg a genuinely safer community," wrote Joshi in the email.

"I know that he is looking forward to working with all of you, and he has told me that he views the opportunity to serve as our fire and paramedic chief as the culmination of his career."

Lane has 32 years of emergency service experience and has occupied senior roles in Hamilton, Toronto and Prince George.

Joshi also thanked acting Chief Bill Clark, who will continue in that capacity until Lane starts on April 14.

Winnipeg's former chief Reid Douglas was let go last September, nearly a month before the scathing fire halls audit was delivered that found mismanagement, favouritism and a lack of adequate oversight on the building of four new stations that went over budget.

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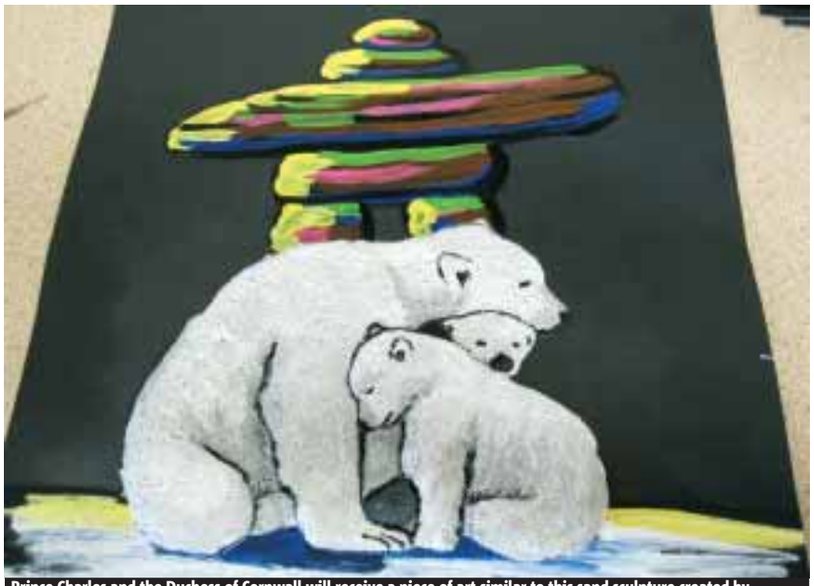

Prince Charles and the Duchess of Cornwall will receive a piece of art similar to this sand sculpture created by Winnipeg artist Lesia Anna when the couple comes to Manitoba in May. SHANE GIBSON/METRO

Local artwork fit for royalty

One-of-a-kind. Art unique to Manitoba chosen as presentation gift for Prince Charles

SHANE GIBSON
shane.gibson@metronews.ca

A Winnipeg artist said she's been smiling for days after learning this week that one of her unique sand sculptures will be given to Prince Charles and the Duchess of Cornwall when they visit Manitoba this spring.

"It feels wonderful," said Lesia Anna over the phone Thursday. "I didn't think I'd ever get an opportunity like this."

Anna is the only artist in the world creating art by layering rare feldspar sand found in Grindstone Provincial Park to create 3D pictures. She adds colour to the sand with a chalk-based watercolour and locks it all in place with a layer of natural varnish.

Anna, who sells her work out of her studio in the Johnston Terminal at The Forks, told Metro she got the idea from watching Tibetan monks create sand mandalas.

"I was always intrigued that they made such beautiful work, but they never preserved it because it's always destroyed at the end of every session," she explained. "So I experimented and found a way to preserve it."

While she'd hoped to meet the royal couple and give them her one-of-a-kind piece in person, Anna learned that's not quite how the process works.

"They told me the Protocol Officer will be presenting it because people can't just approach the prince," she explained, adding she's sure Charles will like the gift.

"The prince is known for his organic farming and interest in everything being natural."

Opposition seeks inquiry to uncover truth about Melnick and premier

Manitoba politicians will vote next month on an opposition push for an inquiry into former NDP cabinet minister Christine Melnick.

Tory house leader Kelvin Goertzen gave notice Wednesday that he will introduce a motion after next week's spring break to have a legislature committee set up to conduct the probe.

The committee, which would have people testify under oath, would determine whether Melnick or Premier Greg Selinger is telling the truth about a controversial immigration debate in April 2012 that was criticized by the ombudsman.

"Somebody's lying. I won't presume to say who," Goertzen said.

The inquiry is unlikely to occur, however. The NDP government has a solid majority with 36 of 57 seats. Government house leader Andrew Swan said there are more important issues than an inquiry.

Purpose

"Somebody's lying. I won't presume to say who."

Tory house leader Kelvin Goertzen

Melnick, who spent a decade in the NDP cabinet, was removed from caucus by Premier Greg Selinger last month after contradicting him about who was behind a controversial immigration event.

Melnick initially denied ordering civil servants to invite government-funded immigrant service agency workers to watch a legislature debate on April 19, 2012, even if it meant taking the afternoon off work.

Last December, the provincial ombudsman revealed Melnick was indeed behind the plan and said the use of civil servants raised questions about partisanship in the bureaucracy.

Melnick broke ranks in February. She said Selinger's staff were involved from the start and had told her she would have to take the blame to protect the premier. She was turfed from caucus the following day.

The Tories say an inquiry is needed to find out who is telling the truth and whether the premier has been misleading the legislature.

THE CANADIAN PRESS

West End

Shooting victim not co-operating

Police want to hear from anyone who knows about a shooting in the West End on Wednesday night, which they say is gang-related, after the victim clammed up.

A 20-year-old man was shot in the upper body after several men got into a fight near the corner of Young Street and Sargent Avenue around 8:45 p.m.

The victim took himself to a nearby hospital. The man has since been released and has not been forthcoming. METRO

Serious injuries

Suspects sought after assault at Maryland bar

Police are looking for two men after a 60-year-old man was beaten at a Daniel McIntyre-area bar earlier this month.

The victim was found with serious injuries at the bar in the 700 block of Maryland on March 1.

The first suspect is in his 20s, with short dark hair, and wore a dark jacket and blue T-shirt with "Playa" on the front. The second is also in his 20s and had a dark tuque. METRO

Food warmer damaged

Cops hunt beer-bottle-wielding assault suspect

Police want to speak to a man they say "heavily damaged" a food warmer at a Daniel McIntyre-area bar while attacking another man with a beer bottle last Valentine's Day.

The two men were at the bar in the 700 block of Maryland Street around 2 a.m. on Feb. 14.

The suspect is aboriginal, 200 pounds, five-foot-10, with short dark hair and a scar on his cheek. METRO

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‘St. Barack’ has a nice ring to it, doesn’t it?

Pope Francis and U.S. President Barack Obama share a laugh as they meet at the Vatican on Thursday. Obama called himself a “great admirer” of Pope Francis, considering the pontiff a kindred spirit on issues of economic inequality. Their historic first meeting comes as Obama’s administration and the church remain deeply split on issues of abortion and contraception. GABRIEL BOUYS/THE ASSOCIATED PRESS

U.S. estimates 1 in 68 children has autism

The U.S. government increased its autism estimate on Thursday to 1 in 68 U.S. children.

That’s a 30 per cent jump from the last federal estimate of 1 in 88 children with autism or a related disorder. The latest calculation means autism is more than twice as common as officials said it was just seven years go.

But health officials say the new number may not mean autism is occurring more often. Much of the increase is believed to be from a cultural and medical shift, with doctors diagnosing autism more frequently, especially in children with milder problems.

There are no blood or biologic tests for autism, so diagnosis is not an exact science. It’s identified by making judgments about a child’s behaviour.

This latest estimate by the Atlanta-based Centers for Disease Control and Prevention means autism affects roughly 1.2 million U.S. children and teens.

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WHO declares 'victory' over polio in India

'A day that we have dreamt about.' Once considered all but an impossibility, the country is now officially free of the 'dreaded disease'

A man tends to his polio-affected son in New Delhi Thursday. The WHO has formally declared India polio-free, with no new case of the disease detected in the country in the past three years. MANISH SWARUP/THE ASSOCIATED PRESS

The scourge of polio ends in India with a four-year-old girl, Rukhsar Khatoon, who became ill as a baby after her parents forgot to get her vaccinated.

Her barely perceptible limp the only lingering sign of the disease, Rukhsar was the last person to contract polio in the nation of 1.2 billion people.

The World Health Organization formally declared India polio-free on Thursday, after three years with no new cases. It said the milestone means the entire Southeast Asian region, home to a quarter of the world's population, is considered free of the disease.

Being declared polio-free once was considered all but impossible in a nation hobbled by corruption, poor sanitation and profound poverty. Although the disease could return, eradicating it is a landmark public health achievement.

This is "a day that we have dreamt about," said Poonam Khetrpal Singh, a WHO official at a ceremony in New Delhi to declare the entire Southeast Asian region free of the disease. Singh described it as "a day that all countries fought hard for, and a day when all stakeholders come together to celebrate the victory of mankind over a dreaded disease."

Polio is a vaccine-preventable disease that has been eradicated in most countries. But it still causes paralysis or death in some parts of the world, including Nigeria, Pakistan and Afghanistan. Children younger than five are especially vulnerable to the disease. THE ASSOCIATED PRESS

Health

Morning-after pill to come with weight warning

Emergency contraceptive pills known as the morning-after pill will soon carry new warnings about reduced effectiveness in women weighing more than 165 pounds.

Health Canada has asked companies to add warnings to packaging advising that the pills are less effective in women weighing 165 to 176 pounds and are not effective in women weighing more than that.

Women who weigh 165 pounds or more are advised to ask a health professional for advice on alternative methods of emergency contraception.

The morning-after pills available without prescription in Canada are Next Choice, Norlevo, Option 2 and Plan B. The drugs are taken by women up to 72 hours after unprotected sex or a contraceptive accident.

They have no effect if a woman is already pregnant. THE CANADIAN PRESS

Support lowest in North Africa for women's equality: Poll

Afrobarometer poll.
Disparities across continent highlighted

Attitudes toward women's equality are dimmer in North Africa than in the rest of the continent, according to a new poll of about 50,000 people across 34 African countries.

The Afrobarometer poll, conducted in 2011-13 and released Thursday, found women are at a disadvantage compared to men across Africa, but support for women's equality is growing.

Those polled in the predominantly Arab Muslim north gave the lowest level of support for equality and described the highest frequency of discrimination.

North Africa in general reports greater wealth and higher levels of economic development than the rest of the continent.

Yet, while 68 per cent of respondents across Africa felt women could be leaders, that figure was 50 per cent in North Africa, where people in Algeria, Egypt, Morocco, Sudan and Tunisia were interviewed.

In eastern and southern Africa, nearly three-quarters of those polled felt men and women should have equal opportunities. In North Africa, only 50 per cent thought so.

The education gap between men and women was also the largest in North Africa, even though the overall education levels there were higher than elsewhere on the continent.

THE ASSOCIATED PRESS

Women protest in support of Amina Filali, who committed suicide in March 2012, in front of the Moroccan parliament in Rabat. A poll of 50,000 people across 34 African countries finds attitudes toward women's equality are dimmest in the predominantly Muslim north. ABDELJALIL BOUNHAR/THE ASSOCIATED PRESS FILE

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Rover prototype tested at 'Mars Yard' ground

It looks like a giant sandbox — except the sand has a reddish tint and the "toys" on display are very expensive prototypes designed to withstand the rigours of landing on Mars.

The European Mars rover unveiled Thursday at a Mars Yard testing ground in Britain is designed to drill beneath the surface of the Red Planet searching for signs of life. It's been dubbed Bryan by its creators; earlier versions were named Bridget (clad in gold material that makes it look like a garish dune buggy) and Bruno.

The plan is to develop an autonomous robotic vehicle that can be launched in 2018 as part of the European Space Agency's ExoMars program, an ambitious plan that begins in 2016 with the launch of a Mars orbiter and demonstrator landing module.

The goal is to bring samples of Mars back to Earth by the 2020s.

The rovers being developed at the Airbus Defence and Space facility will be able to drill for samples and "feed" them into an onboard laboratory. The information gleaned can then be sent back to Earth.

The data transmissions could even contain proof that living organisms on Mars had been found, said Abbie Hutty, an engineer charged with helping to make the rover tough enough. The rover's drill is designed to penetrate two metres beneath the surface, probing an area shielded from radiation and containing water deposits.

THE ASSOCIATED PRESS

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Elections Manitoba is looking for community leaders to manage the next provincial election.

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Flight Lt. Jayson Nichols looks at a map as he flies aboard a Royal Australian Air Force Flight MH370 over the southern Indian Ocean, Thursday. Planes and ships searching

MICHAEL MARTINA-POOL/THE ASSOCIATED PRESS

Spotters play in search for

Hunt for Flight 370. Eyes can spot things man-made equipment cannot — but they also can play tricks

They stare out at a punishingly unbroken expanse of grey water, their eyes darting up and down, left and right, looking for something, anything, that could explain the fate of the missing Malaysia Airlines plane.

The hunt for Flight 370, which vanished on March 8 during a trip from Kuala Lumpur to Beijing, is complicated in just about every way imaginable, from the vastness of the search area to its distance from land to the brutal weather that plagues it. But for all the fancy technology on board the planes and vessels scouring the swirling waters, the best tool searchers have are their own eyes.

But those eyes are also subject to the peculiarities of the human brain. They can blink at the wrong moment. They can, and often do, grow weary.

"It is incredibly fatiguing work," says Flight Lt. Stephen Graham, tactical co-ordinator for the crew on board a Royal New Zealand Air Force P-3 Orion.

Search and rescue makes up a small part of what Graham's squadron does, and visual spotting is an even smaller subset of that. But everyone on board has had to learn how to do it — and it's not as simple as most people think. Graham learned as part of a yearlong training stint in Canada, and has had ongoing training since.

Crew members have to know what they're doing, because the electronic equipment on board sometimes doesn't. No one on board is a designated spotter; everyone rotates positions, which is the best weapon against fatigue. Thirty minutes in the seat is ideal, but they can go up to an hour. Longer than that, Graham says, and effectiveness starts to wane.

The weather further complicates their jobs. When it's calm and the seas are glassy, anything unusual is easy to spot. When the wind is up and the waves are high, the added motion and colour from the whitecaps are a distraction. The speed of the aircraft, too, means there is little time to verify what an object is before it has slipped from view.

Such factors have made

AP-3C Orion aircraft during a search operation for the missing Malaysian Airlines for debris failed to find any on Thursday before bad weather cut their hunt short.

a key role aircraft

Search continues

Many clues but no luck hunting them down

The clues keep piling up: more mysterious objects spotted in the southern Indian Ocean, perhaps part of the missing Malaysian airliner, perhaps not.

Strong winds and fast currents make it difficult to pinpoint where they are right now, and stormy weather Thursday again halted the hunt by air and sea for evidence of debris fields. The search for the plane that disappeared March 8 has yet to produce a single piece of debris — not to mention the black boxes, which could solve the mystery of why the jet flew so far off-course.

Japan said it provided Malaysia with information from satellite images taken Wednesday showing about 10 objects that might be debris from the plane in the same general area as the 122 objects spotted by a French satellite on Sunday.

Muddying the picture perhaps, a Thai satellite revealed about 300 objects about 200 kilometres to the southwest of the items seen by the Japanese and French satellites. The photos were taken Monday, one day after the French and two days before the Japanese.

Heavy rain, wind and low clouds caused the Australian Maritime Safety Authority to pull back all 11 planes scheduled to take part in the search Thursday. Five ships continued the hunt. THE ASSOCIATED PRESS

the hunt for Flight 370 a logistical nightmare. On several occasions, planes and ships trying to get a closer look at objects that another plane has spotted earlier have failed to find them.

The search for Flight 370 remains a huge, complex mission, but for Graham, it's not an impossible one. They have hunted for tiny targets across massive areas before. And sometimes in the haystack, the needle emerges. THE ASSOCIATED PRESS

Transgender victims

U.S. cops to get training to work with community

The U.S. Justice Department launched a program Thursday to train local police departments to better respond to transgender individuals, a population authorities say is disproportionately harmed by violence. The new initiative is aimed at helping police identify hate crimes and build trust with a community that law enforcement officials say is too often reluctant to report crimes.

The initiative comes as police departments face scrutiny over their responsiveness to crimes against transgender people. THE ASSOCIATED PRESS

WikiLeaks

Manning asks U.S. general for clemency

Convicted leaker Chelsea Manning is asking Military District of Washington commander Maj. Gen. Jeffrey Buchanan to reverse her conviction and 35-year prison sentence for sending reams of classified information to WikiLeaks.

There is no prescribed deadline for his decision.

Defence attorney David Coombs says the clemency filing includes more than 6,000 letters from supporters of the private previously known as Bradley Manning, and an Amnesty International petition with nearly 39,000 signatures. THE ASSOCIATED PRESS

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CATCHING DREAMS

Day 1: the Problem
Day 2: the Plan
Day 3: the Promise

Upheaval is coming for First Nations schools. The federal government is planning to invest nearly $2 billion into the neglected system and give communities more control over their own education. Metro travelled to two on-reserve schools to document their condition, the details of the plan and why many people say the proposed changes may be their kids' last chance.

Feds set course — but not date

The road to the First Nations Control of First Nations Education Act has been a hard one.

After four years of dialogue, national outcry from indigenous people and a failed first draft, the federal government says it is finally on track to improving Canada's on-reserve education.

Shawn Atleo, national chief of the Assembly of First Nations, condemned the original First Nations Education Act in November 2013.

In an open letter to Bernard Valcourt, minister of Aboriginal Affairs and Northern Development Canada, Atleo explained the document was "not acceptable" for First Nations in Canada.

Atleo said indigenous people need control over education, statutory funding, language and culture classes, no unilateral federal oversight and ongoing dialogue.

While critics of the draft say the federal government wasn't hearing what First Nations people were saying, Valcourt insists he heard them loud and clear.

"After we got the draft bill out, that's when the chiefs and the assembly considered the draft and outlined what they believed were the conditions necessary to ensure the success of an education system," he said.

But while Valcourt said the changes are historic, it may be a while before Canadians see them.

"That work is taking place as we speak and we have no timeline in terms of when this will be ready, but it is important that we continue the dialogue with First Nations."

Atleo said the commitments made by the federal government are a step in the right direction. "They put resources on the table," Atleo said in a recent interview.

Both Atleo and Valcourt said the road ahead would be challenging but worth it.

"This is for the benefit of the whole country," said Valcourt. "The First Nation leaders and chiefs and councillors I've talked to on reserve, they all want to be a part of a successful Canada, of a Canada where there is an opportunity for everyone provided that they have the tools — and this is a fundamental tool that they badly need."

MORGAN MODJESKI/METRO IN SASKATOON, WITH FILES FROM JACOB MORGAN

Success stories

There are a few notable exceptions to the lacklustre First Nations education system in Canada.

- **British Columbia.** Indigenous communities have worked with the government on a unique system since the '90s. Their education authorities are providing a foundation for the federal proposals. Students can move seamlessly between First Nations and public schools.
- **Nova Scotia.** Mi'kmaw Kina'matnewey earned the right to control its education in 1999 and incorporates culturally sensitive curricula and indigenous language immersion. In the 2012-13 school year, it reported an 87.7 per cent high school graduation rate.

Making moving

Grade 4 teacher Myra Laponsee with her students at Sturgeon Lake Central School. While some teachers at on-reserve put forward by the federal government, others say it may be a step in the right direction to restoring First Nations culture.

Reclaiming what was lost. Teachers united in call for government to repair damage to native culture — but split on their current attempt

MORGAN MODJESKI
Metro in Saskatoon

Want to know the impact of the funding deficit on aboriginal culture? Just ask a teacher.

Educators at two First Nations schools in central Saskatchewan say the federal government needs to do much more to teach on-reserve students about their history and culture.

They argue a lack of funding is denying students a chance to learn about First Nations traditions and languages, which were repressed and almost lost through Canada's residential schools system.

"They lost a part of themselves," says Grade 1 teacher Karen Rondeau, speaking in her small classroom at the Sturgeon Lake Central School, which serves the Sturgeon Lake First Nation.

"To make themselves whole again, they need their culture; they need their language; they need their traditions to be proud people and move on," Rondeau says. "(The Federal Government) took it away, so why not give it back?"

Through the First Nations Control of First Nations Education Act, Prime Minister Stephen Harper plans to release $1.252 billion in additional

do, on

schools are skeptical about the First Nations Control of First Nations Education Act
MORGAN MODJESKI/METRO IN SASKATOON

core funding for First Nations education over three years, starting in 2016. This, Harper says, would allow communities to "incorporate language and culture programming."

But with little information on how the money will be distributed, some, like Charlene Constant, who teaches Grade 1 at Bernard Constant Community School on the James Smith Cree Nation, are skeptical.

"It sounds like a big number," she says. "But once you break that down to all the bands in Canada and it goes through whoever it needs to go through … it's not going to be enough."

Myra Laponsee, who teaches Grade 4 at Sturgeon Lake Central School, feels the bill is a step forward in restoring First Nations traditions.

"I know it's really difficult to get (our culture) back, but it's possible; it's absolutely possible," she says.

"Right now, what they're trying to do, as First Nations people, it's only going to benefit us. It's not the government writing it for us this time, the way they did back then. It's us writing our own education act."

On the web

1 Audio slideshow. Keeping a language alive
Go online for a snapshot of a Cree language course and find out how some teachers are trying to reintroduce their students to a culture almost lost.

2 Residential schools. Some wounds don't heal
Head to metronews.ca to hear the story of Howard Walker, an elder who survived the residential schools system, and why he will never trust the Canadian government.

Giving kids a sporting chance

For some students in Canada, access to sport and athletics is as simple as putting their name on a sign-up sheet.

For some students on First Nations reserves, the thought is a pipe dream.

For the last five years, Blair Sands has taught physical education at Bernard Constant Community School on the James Smith First Nation in central Saskatchewan. He says his students are missing out on opportunities to nurture their athletic abilities and their future.

"There's no doubt in my mind that sports have a positive impact on young people," said Sands, as students zip by on small scooters in the gym.

Working with community members, parents and administrators, Sands started a non-profit booster club to raise funds for the school's athletics program, as his budget for the 2013-14 school year was set at roughly $500.

Blair Sands, the phys-ed teacher at Bernard Constant Community School, has started fundraising through a non-profit booster club to ensure his students have access to sports. MORGAN MODJESKI/METRO IN SASKATOON

"You can lower crime rates and you can lower drop-out rates if you have the right programming and the right people," he says.

Sands says they've raised roughly $20,000 in equipment and cash through provincial grants and contributions.

"If (youth) are in a sports program, they're not getting into trouble because they're playing volleyball, they're playing hockey or they're on the gym mat," he says. "I'm not a gambling man — but the odds are against you if you don't have positive things to influence your life, coaching and sports included."

MORGAN MODJESKI/
METRO IN SASKATOON

Erralyn Thomas
METRO IN SASKATOON

Beating the odds

JACOB MORGAN
Metro in Saskatoon

Athletics may well have saved Erralyn Thomas's life.

Thomas, the B.C. youth representative for the Assembly of First Nations, hails from the Snuneymuxw First Nation, located on the southeast part of Vancouver Island.

The 27-year-old says her school was the size of a trailer and sat between a railway and a highway.

"We had to turn people away," says Thomas. "It's not really safe." The graduation rate, she added, was around 40 per cent at the time she finished high school.

Her parents were alcoholics and left when she was 11 or 12, leaving her and her brother with their grandparents, who were residential school survivors.

"That affected their parenting," she says.

But Thomas found solace in sport. Her high school coaches took a personal interest when she was in trouble.

"I was out on the streets from 13 to 16, and so mentors and my coaches … helped me get here," she says.

Thomas earned a lacrosse scholarship to Niagara University and played in the 2009 women's lacrosse World Cup. Today, she is a law student at the University of British Columbia.

North Korea. Leader's haircut gone viral

North Korean leader Kim Jong-un's distinctive hairstyle is the 'do of the day on the Internet, thanks to a viral report that every male university student in the capital is now under orders to get a buzz just like it. But it appears the barbers of Pyongyang aren't exactly sharpening their scissors.

Recent visitors to the country say they've seen no evidence of any mass haircutting. North Korea watchers smell another imaginative but uncorroborated rumour.

Wide interest in the reports reflect the fascination the outside world has had with the unique hairstyles of both Kim Jong-un and his father, the late Kim Jong-il, who had a one-of-a-kind bouffant.

North Korean leader Kim Jong-un

THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

Nuclear safety

Container in radioactive scare was improperly secured

Cylinders carrying radioactive material fell during unloading in Halifax because one end of a shipping container they were in wasn't properly secured to a crane, Canada's nuclear safety agency says.

Four steel cylinders encased in concrete and each weighing 4.5 tonnes fell into the cargo hold of a ship during unloading at the Cerescorp container terminal on March 13.

THE CANADIAN PRESS

IMF offers Ukraine up to $18 billion in loans

New government. It finds itself caught between the demands of international creditors and a restive population

Western nations rushed to help Ukraine on Thursday, with the International Monetary Fund pledging up to $18 billion in loans, the UN condemning the vote that drove Crimea into Russian hands and the U.S. Congress considering even harsher sanctions against Russia.

Yet even with such intensive help to prop up Ukraine's teetering economy, the prime minister warned that all residents are going to feel pain from the necessary financial reforms ahead — and home energy prices are certain to rise quickly.

And if that wasn't enough, former Ukrainian prime minister Yulia Tymoshenko — one of the country's most polarizing figures — said she will run for president in the May 25 vote. The announcement is sure to usher in strong emotions in Ukraine's turbulent politics.

Russia, for its part, shrugged off the spotlight that was on Ukraine and the torrent of criticism directed at its annexation of Crimea. President Vladimir Putin's government announced it would set up its own payment system to rival Visa and MasterCard after the two companies pulled their services from some Russian banks in the wake of international sanctions.

Speaking in Rome, U.S. President Barack Obama called the swell of support a "concrete signal of how the world is united with Ukraine."

THE ASSOCIATED PRESS

Former Ukrainian prime minister Yulia Tymoshenko speaks during a press conference in Kyiv, Ukraine, Thursday. Tymoshenko announced on Thursday she will run for presidential elections set for May 25.

SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

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"Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Building buzz for Lego rental service

Toy story. Pley offers subscription-based model for children

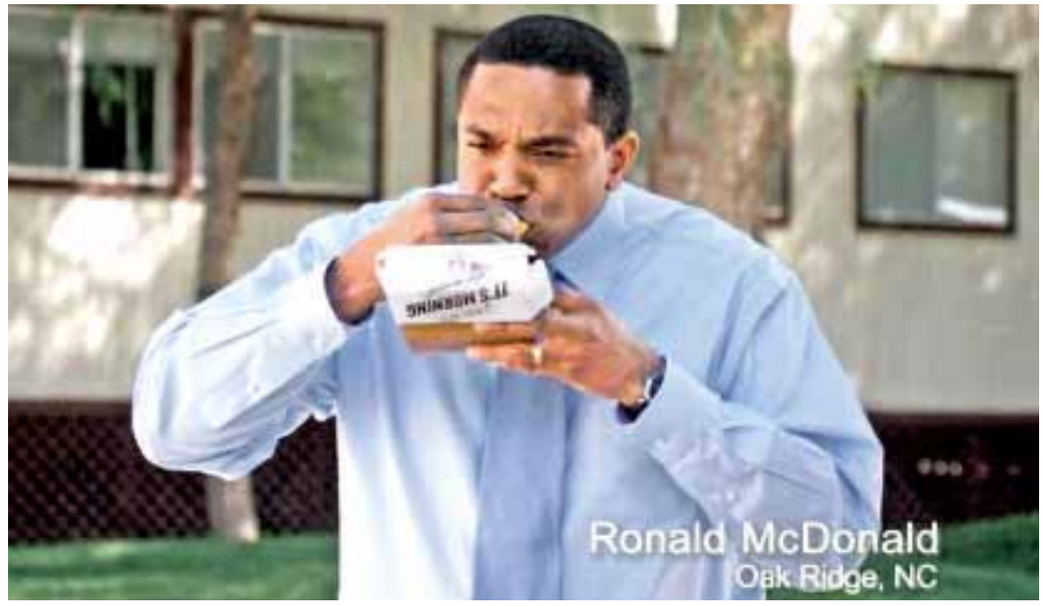
Toy rental company Pley is laying down Lego foundations for global expansion.

The U.S.-based startup — dubbed the "Netflix for Lego" — is growing brick-by-brick after receiving millions in investment. Mother of two Elina Furman set up the company to cut the cost and clutter caused by children's rapid consumption of toys. The 15,000 members of Pley can rent and receive door-to-door delivery from a choice of thousands of Lego sets for a fee between $15 and $39 US. The founder explains why this venture is providing the educational building blocks for the future.

When did you see the gap in the market?

Eighteen months ago I had an avalanche of toys because of my other job as "A-List Mom" (a children's advice and ideas website). I thought, how can I manage this and reduce our footprint and at the same time give children access to educational toys rather than just cluttering our lives? So I started looking for an opportunity to rent.

METRO WORLD NEWS



Start your day right ... with Taco Bell?

This frame grab from a video shows Ronald McDonald of Oak Ridge, N.C., in a Taco Bell commercial. The fast-food chain began airing ads in the U.S. Thursday that feature everyday men who happen to have the same name as the McDonald's mascot. The marketing campaign is intended to promote Taco Bell's new breakfast menu, which features novelties like a waffle taco. TACO BELL VIA TAYLOR STRATEGY/THE ASSOCIATED PRESS

New Lululemon CEO. 'We need to be inclusive' to win back devotees

Lululemon Athletica Inc. says it plans to get back to "what it does best" by creating great products and engaging customers as it seeks to win back their love and put last year's missteps behind it.

"We've reflected on last year and we've learned from last year and we've done that with humility," chief executive Laurent Potdevin said during his first earnings call since taking over from Christine Day in January. "You go back to our mission, which is elevating the world to greatness, and I think that to do that well we need to be inclusive."

The Vancouver-based company reported a fourth-quarter profit of $109.7 million on Thursday, roughly in line with a year ago.

Founder Chip Wilson triggered a backlash in November after suggesting on Bloomberg TV that Lululemon's yoga pants didn't fit well on some women.

THE CANADIAN PRESS

FOR MORE ON THE COMPANY'S RECENT DIFFICULTIES, READ 'CAN LULULEMON STAY KING OF YOGA PANTS?,' A FEATURE-LENGTH ANALYSIS, ON METRONEWS.CA

A pipe dream? Canada could be alternative for Russian oil in Europe

With western sanctions threatening to tighten the taps on Russian energy exports to Europe, Canada could become an alternative supply source — but not any time soon.

The Conservative government has been pushing for Canada to expand its energy export reach by building new oil pipelines to coastal waters, as well as multibillion-dollar plants that would enable natural gas to be transported by tanker overseas in an ultra-chilled liquid form.

The crisis in Ukraine is adding urgency to those efforts, Foreign Affairs Minister John Baird said Thursday in Ottawa.

"I think, if anything, it underlines the importance of moving ahead responsibly on the export of not just our oil but natural gas," he said.

THE CANADIAN PRESS

1936 item

Nobel Peace Prize sold for $1.16M

A 1936 Nobel Peace Prize discovered at a South American pawn shop has been sold at auction in Baltimore for $1.16 million US.

Brian Kendrella, president of New York-based Stack's Bowers Galleries, says the auction drew half a dozen bidders from six countries. The winning bidder Thursday was an individual collector from Asia who asked to remain anonymous.

This is only the second Nobel Peace Prize to come to auction. This award marked the first time someone from Latin America received the honour. THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.65¢ (+0.43¢)

TSX 14,178.84 (-5.26)

OIL $101.28 US (+$1.02)

GOLD $1,294.80 US (-$8.60)

Natural gas: $4.52 US (+$0.13)
Dow Jones: 16,264.23 (-4.76)

CAREER FINDER

manitobahousing

Our Vision: creating stronger communities through housing solutions

FOOD SERVICES SUPERVISOR – BUSINESS OPERATIONS & RURAL SUPPORT

1 YEAR TERM – STARTS JUNE 2014

Salary range: $41,760 - $47,567 per annum

As part of the Employment Equity strategy, preference will be given to the following candidates: women, Aboriginal people, visible minorities and persons with a disability. For information on self-declaration see: http://www.manitoba.ca/csc/employment/emplequity.html

QUALIFICATIONS

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- Experience in bookkeeping and record keeping.
- Several years experience in food services or commercial cooking.
- Excellent verbal communication skills.
- Knowledge of food safe procedures and guidelines.
- Effective interpersonal skills and ability to deal with the public.
- Effective organizational and prioritizing skills.
- Experience using Microsoft Office Suite including preparing spreadsheets.
- Ability to function effectively under pressure with minimal supervision.

Desired:

- Experience with catering operations.
- Supervisory experience in a food services environment.
- Food services management or business administration courses or equivalent combination of education and training.
- Experience working with volunteers.

Conditions of Employment:

- Legally entitled to work in Canada.
- Must possess and maintain a full valid class 5 (F) Manitoba driver's licence.
- Able to travel throughout the Province of Manitoba and have access to a vehicle for work purposes.
- Must be available to take calls on weekends on rotating basis and work overtime when required.
- The successful candidate will be asked to provide a satisfactory current criminal records check.

DUTIES:

Reporting to the Manager, Food Services, the incumbent is responsible for: business operations for MB Housing's congregate meal program & catering programs; supporting rural kitchens; supervising staff and volunteers to ensure the intent of the program is fulfilled. There is special emphasis on the role of building community support by involving volunteers to participate with the Food Services Workers to meet the program's needs within the community at large.

APPLY by April 14, 2014:
Competition Number: #985 - Human Resources, 300-305 Broadway, Wpg. MB R3C 3J7;
Phone: 204-945-3777 Fax: 204-948-2193 Email: govjobs@gov.mb.ca
Please insert the advertisement number and position title in to the subject line of your e-mail.
Your cover letter and résumé must clearly indicate how you meet the qualifications.
Employment Equity is a factor in selection. Applicants are requested to indicate in their covering letter or resume if they are from any of the following groups: women, Aboriginal people, visible minorities and persons with disabilities.
We thank all who apply and advise that only those selected for further consideration will be contacted.

JUNOS ONLY MISSING ONE THING

THE METRO LIST

Mike Benhaim
metronews.ca

1 On the money. Who says being a writer doesn't pay? The Royal Canadian Mint unveiled a silver collector's coin honouring acclaimed Canadian author Alice Munro. The mint's president, Ian Bennett, says the coin is a "beautiful and meaningful keepsake for readers, writers and collectors alike." Know what I consider a meaningful keepsake? Her actual books.

2 The Juno Awards. Has anyone noticed this show getting a lot sexier over the last decade? With all-star guests like Arcade Fire, Michael Bublé and Avril Lavigne hitting Winnipeg like a warm spell, the Junos have become must-see TV. The only thing missing, sadly, is me.

3 J'accuse. The Parti Québécois has alleged that Anglos from outside Quebec are committing voter fraud and trying to "steal" the provincial election. Apparently hundreds of Ontario students have been denied voter registration despite having lived in Montreal for years. To be fair, it's not that they don't want people to vote. They just prefer the ones that are likely to vote for them.

4 En Vogue. Kim and Kanye were the "tweet of the town" after this week's Vogue pictorial, but what really struck me upon visiting her profile was the message on my screen that read "Sign up for the Kim Kardashian Newsletter and stay in the know," implying that there's anything about her that we still need to know. #VogueBacklash

5 Attention, Entourage fans. Good news: The long-awaited film version is currently being shot. All original cast members return as the circulating group-selfies confirm, including Sloan, played by homegirl Emmanuelle Chriqui and a huge list of secret celebrity cameos. The bad news? You'll have to wait till summer of 2015. #entouragemovie

6 Kroll Show. In this week's finale, American comic and star of The League Nick Kroll took it to our nation with a Degrassi spoof and other very amusing Canuck-based parodies. Because on the growing list of topics that are now taboo, Canadians are among the few people you're still allowed to openly mock.

7 #RobtheMob. Amidst all the big-budget films being released, this is one that's generating a remarkable level of positive buzz. After previews, Rob the Mob hits L.A. theatres Friday as this season's sneaky surprise with a solid cast, including Andy Garcia and Boardwalk Empire's Michael Pitt. Punctuating the film throughout are various versions of Stephen Endelman's original song Love and the Gun, a quietly epic retro-anthem sung by soon-to-be revealed secret superstar Tamela D'Amico.

8 Colon Cancer Canada. There's nothing funny about this disease, but their annual Push For Your Tush campaign does inspire a chuckle. Hockey legend Darryl Sittler always participates as his late wife was the inspiration for the fundraiser Wendy Bear. Warning: He's still pretty strong so do not attempt a surprise bodycheck like I did. Especially after he knocks you out the first time. Happening Canada-wide in the month of June, register now. @ColonCancerCDA #PushForYourTush

Follow The Metro List on Twitter @TheMetroList

ZOOM

This bird's in fine feather

JOHANNES STOETTER/BOURNEMOUTH NEWS/REX FEATURES PHOTOS

Tropical parrot is a painted person

This may look like a typical holiday snap of a tropical parrot, but a closer inspection reveals it is in fact a painted person. The artwork is the latest offering from former world champion body painter Johannes Stoetter, who spent weeks painstakingly planning how he could transform a female model into an exotic bird. METRO

A close-up of the artist at work.

Discerning eyes needed to see woman

Despite all the difficulty, Stoetter was satisfied in the end.

"I feel very happy with the final work. Most people's reaction is 'nice photo of a parrot, where did you photograph it?'" the artist said.

"Even some of my closest friends who know me and my art didn't notice that it is not a real parrot. When they found out, they were really amazed and surprised." METRO

Clickbait

TAKARA SMALL
takara.small@metronews.ca

Cash is so passé. The idea of using credit, debit or (god forbid) actual money to buy something is fading out. The future is now full of mobile-swiping and button-clicking to achieve even the simplest of necessities such as food or drinks. Despite the hype surrounding bitcoins, most people seem hesitant about adopting the digital currency. Thanks to the proliferation of smartphone technology, now you can eat and drink without ever having to worry about cards or cash.

CONTRIBUTED

PayPal:

With a simple swipe of a finger Canadians can sign in and pay for food or drinks while bypassing the arduous task of counting change or fumbling with cards based on a location-based model. The server sees a photo of the customer when they decide to pay and he or she simply swipes right to pay.

Eat24:

Like PayPal, this app can be used globally to not only pay for food via your smartphone but also search out places to eat. Find yourself in a new city? No worries, just download the app and let our robot overlords help you find nourishment.

Comments

RE: The Reason Canadian Kids Suck At Math? They Aren't Doing It, says Paul Sullivan. Published March 25

This debate seems so 20-years-ago to me. People are even still talking about calculators. The elephant in the room here is the fact that everyone now has access to a super computer.

People graduate from high school without even being able to model simple physical systems outside some memorized formulas. Things don't get much better in university either. We are in the end going to have to rip out and replace a lot of our current curriculum.

So if things like the "discovery" system don't work, the answer is not to retreat to the old ways. The old ways don't work either.

We need to come up with some new ways...

ggroups posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

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Not music to your ears.
Woohoo Junos! But boo to road closures that will cause headaches

The rolling out of the red carpet for Juno festivities in Winnipeg over the weekend will result in a few road closures, the city said on Thursday.

The closures will affect the downtown core, especially around MTS Centre.

All lanes of one block of eastbound Portage Avenue between Hargrave and Donald streets will be closed on Friday at 9 p.m. until Monday, March 31, at 2 a.m.

These same lanes on Portage will be closed for three blocks between Kennedy and Hargrave streets during Sunday's main concert event from 4:30 until 11:30 p.m. Traffic will be diverted south on Kennedy Street.

All northbound lanes of Hargrave Street between St. Mary and Portage avenues will be closed on Sunday from 4:30 p.m. until 7:30 p.m.; however, they will be open to red carpet vehicles, local traffic wanting to park in the public lots and those wishing to access the cityplace lot.

The east-side curb lane and adjacent lane on southbound Carlton Street between Portage and Graham avenues will also be closed on Sunday from 4:30 to 7:30 p.m., as will be the back lane between Carlton and Hargrave, south of Portage Avenue.

In addition, following the Juno awards show Sunday evening, Hargrave from St. Mary to Graham avenues will reverse flow for exiting, as per Winnipeg Jets game protocol, from 9:45 p.m. to 11:30 p.m.

Winnipeg police will manage the vehicle departures following Sunday's event, as well as the road closures and diversions. METRO

No public viewing

As for the red carpet, it will take place in an enclosed structure with a closed, private viewing audience.

- There is no public viewing location available to catch a glimpse of the stars.
- City officials also said that pedestrian and sidewalk traffic may be diverted in some place along Portage Avenue, especially on the south side.

Online

Metro will be publishing from events all weekend. Follow our past and future Juno coverage at metronews.ca/winnipeg

The Trews expecting 'amazingness' in 'Peg

The Trews are in Winnipeg for Juno Fan Fare. CONTRIBUTED

Juno weekend.
Juno you want to see this band rock out

SHELLEY COOK
winnipeg@metronews.ca

While they're not up for an award this year, the Trews are in Winnipeg to help kick off Juno weekend and promote their new self-titled album.

"We're here to promote our new record and to do the MusiCounts event and perform at the show," explained guitarist John Angus-MacDonald. "We haven't played Winnipeg in a while, so it all happened at a good time."

Angus-MacDonald was referring to Thursday night's Sirius XM Juno Awards kick-off at the Metropolitan Entertainment Centre, which the band will be headlining with special guests.

Quoted

"We expect nothing less than amazingness from the audience, because that's what we get when we're in Winnipeg. They're a great crowd."
Trews guitarist John Angus-MacDonald

"We're going to debut a lot of new material," said frontman Colin MacDonald of the band's performance at the kickoff.

"We expect nothing less than amazingness from the audience, because that's what we get when we're in Winnipeg. They're a great crowd," added Angus-MacDonald.

The band may not be performing at Sunday's awards show, but they still have a busy weekend lined up performing and taking part in other Juno-related activities, including Juno Fan Fare and the MusiCounts event.

The Trews, who are releasing their self-titled album on April 22, also have a busy year ahead with the release of their album, which has been put together thanks to the help of their fans through a pledge music website.

"If there wasn't fans, there wouldn't be bands," said MacDonald. "We're really grateful for the career that they've facilitated for us over the years. We put out albums and they buy them, and they buy concert tickets and that's what allows us to keep going. We're forever grateful toward them."

The album is available now for pre-sale on iTunes and the band promises to be back in Winnipeg when they go on their Canadian tour this fall.

CELEBRATE THE JUNOS IN Style
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It's Juno weekend in Winnipeg

No matter the kind of music you like, or the kind of events, there's something for you to do this weekend. We've profiled some of the events that have been

Juno Cup

Hockey fans, recognize. NHL greats are playing a team of Canadian rockers for the annual Juno Cup, a prestigious hockey event right up there with the Stanley Cup, we swear.

It's not a surprise that the NHL greats tend to win most years, but Rockers team captain Jim Cuddy swears they're going to come home with the cup this year, something they haven't done since 2009 in Vancouver.

Still, the event is a lot of fun, said Troy Crowder.

The former NHLer who played for the Canucks, Los Angeles Kings, Detroit Red Wings and New Jersey Devils, will be joined by Brad Dalgarno, Carey Wilson, Mark Napier, Mike Ford, Kime Keane, Perry Miller, Thomas Steen, Wayne Babych and Trevor Kidd. The team will be coached by Ab McDonald.

The rockers? Along with Cuddy, find Amanda Rheaume, Beard Guy (from Walk Off the Earth), Brian Kobayakawa, Colin MacDonald, Del Barber, David Francey, Gord Bamford, Jay Bodner, JP Hoe, Kevin Churko, Matt Stobb, Menno Versteeg, Mike Belitsky, Sean Dean, Stephen Carroll, Steve Marriner, Vince Fontaine and Zach Sutton.

Proceeds from the game go to charity. Bragging rights go to the winner.

FRIDAY, 7:30 P.M. AT THE MTS ICEPLEX. TICKETS ARE $20 AT TICKETMASTER

JP Hoe will be playing at the Juno Cup. CONTRIBUTED

Juno Awards Broadcast

This is it. The big enchilada. The Juno Awards Broadcast is the culmination of Juno week, where some go home winners and most go home… well, it's nice to be nominated.

This year's broadcast is being hosted by a trio of talent: Serena Ryder, Johnny Reid and Classified. Performers include: Brett Kissel, Dean Brody, Gord Bamford, Matt Mays, Robin Thicke, Serena Ryder, Tegan and Sara, The Sheepdogs and Walk Off The Earth. Awesome.

And don't forget the red carpet — that happens at 6 p.m. Bundle up, tho'. This might be the coldest Junos ever!

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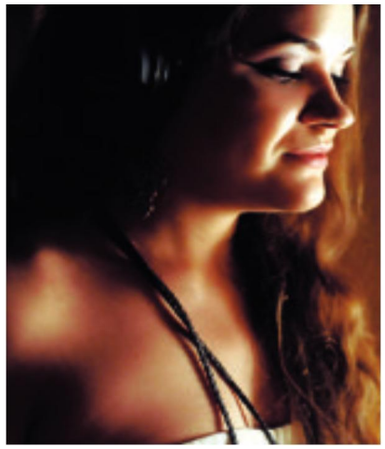

Winnipeg's Sierra Noble will play at JunoFest. CONTRIBUTED

JunoFest 2014

This is what the Junos are really all about. Grab a wristband and take in several acts over two nights. Hobnob with the stars and the up-and-coming musicians at several venues throughout downtown Winnipeg.

New on the venue list this year is the Metropolitan Entertainment Centre, which was sitting vacant the last time the Junos were in Winnipeg. The Met's stunning renovations make it an especially trendy spot to take in some of Manitoba's finest music.

More than 100 local, regional and national acts will be performing at 15 locations, with three or four acts per night. Venues, aside from the Met, include The Burton Cummings Theatre, The Exchange Event Centre, the Folk Exchange, Le Garage Café, Ozzy's, The Park Theatre, The Cavern, The Pyramid Cabaret, The Windsor Hotel, The Zoo, Times Changed High & Lonesome Club, Union Sound Hall, West End Cultural Centre and Whisky Dix.

Just a few of the confirmed acts include: A Tribe Called Red, Dr. Rage & The Uppercuts, Imaginary Cities and Jim Cuddy. **FRIDAY AND SATURDAY, FROM 9 P.M. TO 2 A.M. AT VARIOUS VENUES IN DOWNTOWN WINNIPEG. IT'S $38 FOR A WRISTBAND, AVAILABLE AT TICKETMASTER**

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and things are about to get fun.
ongoing all week (like photography and art installations) but here's how you can connect with the music —and your favourite Canadian artists — with ease.

Walk Off The Earth will be performing at the Juno Awards Broadcast. CONTRIBUTED

Juno Songwriters' Circle

The Songwriters' Circle is truly a unique event that anyone with an interest in songwriting.

This year, Randy Bachman of the Guess Who and Bachman-Turner Overdrive fame will be hosting the event, which will see some of Canada's most talented songwriters take the stage — and take questions from the audience.

The performers include July Talk, Matt Epp, Shad and The Sadies, among others.

The event will be available to stream through cbc-music.ca. **SUNDAY FROM NOON-2 P.M. AT BURTON CUMMINGS THEATRE. TICKETS RANGE FROM $25.95-$39.95 AT TICKETMASTER**

Songwriter Matt Epp will be at the Juno Songwriter's Circle. CONTRIBUTED

Dean Brody will be playing Juno Fan Fare.
THE CANADIAN PRESS FILE

Juno Fan Fare

This is traditionally the most popular event during Juno week. This is your chance to meet and get autographs from your favourite Canadian musicians.

Here's who'll be hanging out with who at St. Vital Centre on Saturday:

Autumn Hill, Brett Kissel, Dean Brody, D-sisive, Gord Bamford, Jacynthe, JRDN, Rich Kidd, Small Town Pistols, SonReal, Tegan and Sara, The Trews, Three Days Grace, Tim Hicks, Tyler Shaw and Walk Off The Earth.

There will be prize giveaways and live performances, too. **SATURDAY FROM NOON-3 P.M. AT ST. VITAL CENTRE, JUST SHOW UP**

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From folk-punk to the top of pop

Tegan and Sara. Along with Juno noms and Lego songs, Canadian duo have gained momentum and a sleeker pop sound

Calgary-reared twins Tegan and Sara have never won a Juno Award despite five nominations, but it's possible to spot a silver lining in that goldless run.

"If we won, we would feel really delighted — but there's also this reflex in me that's always been afraid to win," said the consistently amiable Sara Quin in a recent telephone interview.

"It feels like (if) we won, people would be like: 'What?! THEY won? Oh God. I can't believe they beat so and so.' That always stresses me out. Sometimes it's just better to be nominated."

They're up for nominations in four categories at this weekend's Juno Awards for the sleek-and-chic pop album Heartthrob. And in prestigious categories no less: single, group, songwriter and pop album of the year.

That last one particularly speaks to the aesthetic transformation undertaken by the 33-year-old sisters. In years past, they were almost exclusively nominated for alternative album of the year. They lost, on three occasions, to bands that Quin refers to as "heavy hitters": Broken Social Scene (in 2006), Arcade Fire (in 2008), and Metric (in 2010).

The duo began — 15 years ago now — playing folk-pop occasionally imbued with gusts of emo rage. But beginning with 2004's smart So Jealous, the Quins infused those torrents of punk energy with increasing degrees of melodic mastery, a trend that continued through 2007's melancholy The Con and 2009's punchy Sainthood.

The twins have long proven their deft songwriting touch, but Heartthrob's ultra-polished production quality brought it into startling high-definition.

The Quins have also found high-profile, outspoken fans in the likes of Taylor Swift and Katy Perry, who will bring Tegan and Sara along for an arena tour this fall. Indeed, they've seemingly shimmied their way into an elusive (if not always lucrative) subgenre: the pop musicians' pop musicians.

The sisters were also invited to record a demo of Everything is Awesome, the blithe central tune from the recently released critical gem The Lego Movie. They weren't used to singing other people's songs or auditioning. Still, they apparently aced their tryout take and, in collaboration with producer (and Devo co-founder) Mark Mothersbaugh and comedy-rap outfit the Lonely Island, recorded the chirpy hit that appears prominently in the smash film.

The song has given Tegan and Sara their highest U.S. chart placement yet.

It's not lost on the Quins how far they've come. Reflecting on the Juno nominations, Sara says she didn't think this level of recognition was possible — and, with piercing self-awareness, immediately clarifies that she doesn't mean it in a "stupid, humble" way.

Tegan and Sara are nominated for four Juno Awards, which airs Sunday on CTV. GETTY IMAGES

"But we were just talking about this with one of our high school friends," she continued. "We did not probably seem like we had a lot of potential in high school. We were never really good at piano, and people didn't hear us play the first time and go: 'Oh my God, send them to Nashville.' We were gross and trashy and we played punk music. But we had a tenacity and an ambition. There was something there."

It's not a shock, then, that the Quins are already pondering a follow-up to Heartthrob.

Humble beginnings

"We were gross and trashy and we played punk music. But we had a tenacity and an ambition. There was something there."

Sara Quin, on achieving success

The sisters recently linked up in New York, where Sara lives much of the time (Tegan is based in Vancouver). Sara tossed on some electronic music in the car, and Tegan teased her: "Put something on with melody. Why are you making us listen to this?"

Sara responded that her sister had better get used to the sound — it would inspire their next record.

They laughed at the time, but Sara really is thinking in those terms. Work on the next record "starts now."

Although in Tegan and Sara's world, work never really stops. THE CANADIAN PRESS

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Serena Ryder wants success on her terms

Not your typical pop star. Poised to co-host the Junos, rising singer has a healthy perspective on the fame game

Serena Ryder will co-host the 2014 Junos with Johnny Reid and Classified on Sunday. UNIVERSAL MUSIC CANADA

Striding out to perform O Canada at the recent NBA All-Star Game in New Orleans, Serena Ryder found an unexpectedly hard time in the Big Easy.

"When I was walking out to sing, all the all-stars were lined up on the podiums. And they were heckling me!" she recalled in a recent telephone interview. "Seriously, I was walking and three or four of the dudes — I don't know (who) because I wasn't looking, because I was on camera — but as I was walking, they went: 'You're live. You're live. Start singing. The camera's on you. Go ahead.'

"I really felt like I was in high school, walking down the hallway right by the jocks who were super popular and they were all commenting on my gothic outfit — which they actually did, I was a goth in public school. And I got made fun of all the time."

The anthem itself? Oh, that was a breeze for the husky howler, increasingly adept at the big moments. She delivered a faithful rendition that swelled impressively at its climax, delighting at least one of the nearby cool kids.

"After I'm done, I start walking off and then there's Drake," she said of the Toronto rapper, ubiquitous during the NBA's all-star weekend. "He like grabbed me and gives me a big hug. All the cameras are on me. It was the most surreal experience."

Making music

"Love and that passion behind it is what feeds success ... and then if you don't love it, stop doing it." Serena Ryder

And Drake isn't the only industry heavyweight to embrace Ryder recently.

She earned five nominations at this weekend's Juno Awards, and her haul includes nods in the marquee categories album, single, artist and songwriter of the year. She'll also co-host alongside Johnny Reid and Classified, with whom she's set to open the show.

The 31-year-old's 2012 breakthrough Harmony announced her ascension into Canada's top tier of performers. The primal single Stompa pounded its way to triple-platinum sales, and the winsome indie-pop gem What I Wouldn't Do matched its chart position, peaking at No. 8.

As breaking into the U.S. looms as an obvious goal, Ryder won't necessarily submit to the punishingly rigorous, ego-popping club traipse that's de rigueur for acts trying to break in south of the border.

After all, her major breakthrough at home didn't necessarily come about the typical way.

Ryder has been honest about the four-year gap that ultimately followed the Juno-winning folk-pop album Is It O.K.

She struggled with depression, at various points finding it hard to summon herself from bed. Eventually, friends, family and a new romance helped Ryder emerge from the din to write Harmony's sanguine songs reflecting her newly cheery mindset.

Told that her success story defies the typical strike-while-the-iron's-hot ethos of an opportunistic industry, she laughs.

"I know — that's the funniest thing in the world," she said. "I don't believe in the whole idea of breaking your back in order to enjoy life later. ... It makes no sense whatsoever." THE CANADIAN PRESS

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SCENE

Synopsis

After a quick recap of Old Testament highlights we meet Noah, the last descendant of Adam and Eve's son Seth. The world he lives in is a dangerous place, ruled by Cain's bloodthirsty bloodline, but Noah (Russell Crowe) and family (Jennifer Connelly, Douglas Booth, Emma Watson, Logan Lerman and Leo McHugh Carroll) live as nature-loving, proto-hippies. That is, until Noah has an— apocalyptic dream. Consulting with his grandfather Methuselah (Anthony Hopkins), he determines The Creator wants him to build an ark and laden it with two of every creature in advance of a great flood that will destroy mankind and the violence they perpetrate. But Noah will have to make some troubling decisions to fulfill God's will.

- Richard: ●●●○○
- Mark: ●●●●○

Russell Crowe and Jennifer Connelly in Noah. CONTRIBUTED

Crowe floats this boat

Up to the ark. Darren Aronofsky's art-house epic Noah rises above its biblical origins

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Richard: Mark, the best way I can describe Noah is emotionally ambitious. It takes a familiar story and shines a new light on it by highlighting Noah's spiritual quandary. In the film — which takes liberties with the biblical story — he's a vegan prophet who grapples with doing God's will while balancing the needs of all of humanity, particularly his family. The meaning of faith and the consequences of adhering to that faith are the film's main thrust, but as interesting as that is, the movie feels like one thing when it is addressing the spiritual and quite another — possibly a Lord of the Rings movie — when it is in action movie mode.

Mark: Richard, I queasily bought the transition from religious allegory to action pic because I admired the tone and quality of the movie. I shuddered when I first heard about the picture, but then got interested when I found out Aronofsky was directing. Unlike most biblical epics, the dialogue isn't embarrassing and the lead actor isn't over the top.

RC: It's not your father's biblical epic, that's for sure. This is an art-house epic that filters the story through Aronofsky's impressionistic style. Some may criticize the movie for not being reverent enough, but I thought he treated the story as a living, breathing thing and not an artifact from another time. But having said that, Aronofsky moves in mysterious ways. He shot the epic almost entirely in close-up, and the flood scene could have used a bit more Cecil B. DeMille.

MB: He also indulged in some sci-fi flourishes I don't remember from the Bible! But I accepted them as part of the world of wonder when the Earth was a *pre*-prehistoric place. The movie has a strong environmental message and also feels critical of doctrinaire religious fundamentalism. Noah, at the end, almost makes a choice that only a deranged religious kook would make. Speaking of which, what did you think of Russell Crowe?

RC: Crowe's been in a bit of a slump in recent years. The dangerous, complex actor of movies like Gladiator and A Beautiful Mind seemed to have taken a backseat to the performer who thought making The Man with the Iron Fists was a good idea. Noah is a nice reminder of Crowe's delicate mix of fearsome masculinity and subtle sensitivity.

MB: I thought he was wonderfully restrained in the part even when he was deranged with fervour. My only complaint is that the movie peaks too soon. I guess there's a bit of a problem with the story... arc.

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Three Days in Havana takes 25 years

New film. Drama filmed in Cuba was quarter of a century in the making

STEVE GOW
scene@metronews.ca

Greg Wise and Gil Bellows. CONTRIBUTED

In Gil Bellows' new drama Three Days in Havana, Cuba plays as much a character as the Canadian actor's ill-fated protagonist.

"What a beautiful, dynamic place to be," said Bellows from Los Angeles. "What prompted us to tell this kind of story was to put a character in an environment that would feel foreign to him and to an audience and make it take on this personality of its own so it could be mysterious and sexy and comical."

Reminiscent of the suspense-filled films of Alfred Hitchcock, the movie tells the tale of an insurance executive who heads to Havana only to find himself embroiled in a mysterious murder plot after meeting an ebullient but evasive writer in the Cuban capital.

"We went twice to scout (and) found all our locations, our actors, all the good places to eat and good places to listen to music and hang out," said Bellows who co-wrote and co-directed the film with creative partner Tony Pantages. "We tried to squeeze every ounce of our experience and put it into the film."

In essence, Three Days in Havana took nearly a quarter of a century to bring to the big screen. Pantages and Bellows (who may best be recognized for his role on TV's Ally McBeal) first decided to make a movie when both were still struggling actors. After finding inspiration with this story in 2010, the pair took the unusual strategy of writing a treatment to send to 10 different writers to interpret their own version.

"Ultimately we shaped and carved and rewrote but it gave us the opportunity to mine and tap into the imaginations and creativity of a bunch of people who we wanted to work with," said Bellows. "We (wanted this to be) both the celebration of 25 years of friendship and at the same time the grand experiment — and that part of it *was* a grand experiment."

Quoted

"What prompted us to tell this kind of story was to put a character in an environment that would feel foreign to him and to an audience and make it take on this personality of its own so it could be mysterious and sexy and comical."

Actor and director Gil Bellows

Bellows on:

- **His inspirations:** "The Coen Brothers, (Alfred) Hitchcock, (Michaelangelo) Antonioni. Those were the three big ones."
- **Directing:** "I've sort of toyed with directing a few different times and I like it. I definitely want to incorporate the opportunity to do it a few more times with some stories I'm eager to do."

Sabotage puts Arnie under the gun

NED EHRBAR
Metro World News in Hollywood

Given his resumé, it's understandable that Arnold Schwarzenegger would think he knew all there is to know about action movies. So naturally when Sabotage director David Ayer suggested the former California governor sign up for some weapons training prior to filming, he balked. "Why do I need weapons training? I mean, I've shot more guns than anyone in movie history and killed more people than anyone, so why do we need to go through weapons training?" he remembers thinking.

But Schwarzenegger was actually impressed by Ayer's push for realism and technical accuracy — and with just the fact that the End of Watch director had work for the Terminator star to do at all.

"I love that he pushed me," he says. "Sometimes directors get intimidated when they meet someone like me. They say, 'I'm looking forward to working with you' and 'Let's just figure out how we're going to get ready for the movie,' and those kinds of things. But David came in and was very clear with the set of things that needed to be done."

He also knows that the filmmaking world has changed a lot since his action heyday, and because of that, a decent amount of preparation goes a long way.

"When you get to the set, the day is not anymore like in the '80s and '90s where a studio would raise $100 million and you would have a great action movie. Those were the old days," Schwarzenegger says. "The budgets are half of what they used to be because the rest of the money is being used for the franchise movies and the big sequels and stuff like that. It's a different world but you have to adjust to that."

Making Sabotage didn't just present Schwarzenegger with a new kind of filmmaking experience but also a new type of character to play. "From an acting point of view, it was the most challenging because I've never played a character like this," he says of his role in the morally murky DEA thriller. "My characters usually play black-and-white and I'm the good guy and I upset the bad guys, and then with a little bit of humour throughout the movie and that's it," he says.

Schwarzenegger 2.0

Son takes up the family business

Arnold Schwarzenegger isn't the only actor in his family anymore, as 20-year-old son Patrick has already started popping up on screen in Grown Ups 2 and the upcoming Dead Eleanor. So how does his 66-year-old father feel about Patrick getting in on the game?

"My son is heavily into acting but at the same time I have him go to the university and study business. Then after that he really can decide if he wants to be a full-time actor, what he wants to do," Arnold says. "Hopefully he will decide what his passion is. I always try to teach kids to find what your passion is because I despise when kids get out of college and have no idea what they're going to do. I say to myself, 'Well, what does that mean? You're 22 years old and you don't know what you like in life?' It's unacceptable."

And should Patrick decide his passion really is for acting, Dad is naturally wishing for the best. "I hope that he has a successful career," he says. "Right now with the way he looks, he should do more love stories. I wish I was as good-looking as he is when I was his age."

Arnold Schwarzenegger in Sabotage. CONTRIBUTED

Working with a taskmaster

"I love that he pushed me.... David came in and was very clear with the set of things that needed to be done."

Arnold Schwarzenegger, on working with Sabotage director David Ayer

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. **Ratings:** *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:*

Comedy/Drama

Bad Words

Director. Jason Bateman

Stars. Jason Bateman, Kathryn Hahn

Jason Bateman makes his feature directorial debut with Bad Words. Bateman stars as Guy Trilby, a 40-year-old who finds a loophole in the rules of The Golden Quill national spelling bee and decides to cause trouble by hijacking the competition. Contest officials, outraged parents, and overly ambitious eighth graders are no match for Guy, as he ruthlessly crushes their dreams of victory and fame.

Rotten Tomatoes™ score
Critics: 74% **Audience:** 65%

Mystery/Comedy

Cheap Thrills

Director. E.L. Katz

Stars. Pat Healy, Sara Paxton

Cheap Thrills follows Craig (Pat Healy), a family man who loses his job and is threatened with eviction. To delay facing the music at home, he heads to a local bar and encounters a friend (Ethan Embry). The two friends are roped into drinks by a stranger (David Koechner) and his wife (Sara Paxton). The couple engages the two in dares for money, and soon the couple pushes how far Craig and his friend are willing to go for money and cheap thrills.

Rotten Tomatoes™ score
Critics: 90% **Audience:** 96%

Drama

Noah

Director. Darren Aronofsky

Stars. Russell Crowe, Jennifer Connelly

Russell Crowe stars as Noah in the film inspired by the epic biblical story of courage, sacrifice and hope. Directed by visionary filmmaker Darren Aronofsky.

Rotten Tomatoes™ score
Critics: 90% **Audience:** 75%

Dwayne shakes out long-locked secret

Hercules. One-time pro wrestler rocks role as 'world's first superhero'

Nice leather we're having: Dwayne Johnson as Hercules. CONTRIBUTED

It was extremely hard for Dwayne Johnson to keep his Hercules look under wraps while filming the Brett Ratner-directed movie in Hungary last year. But he did it for the greater good of the big reveal.

"As an actor, not showing my chiseled, extraordinary, handsome face was a tremendous sacrifice for me," he joked on Monday before the premiere of the film's trailer at the Las Vegas movie-theatre convention CinemaCon.

"Paramount, MGM and I made a pact," he added. "We wanted to make a massive global and entertaining movie while doing all we could to never reveal the actual look of Hercules."

Slowly rolling out photos from the set of the film for the past few months via his Twitter page, Johnson aimed to bring fans along on his journey — from his training to his diet and prep.

On Sunday, the 41-year-old actor finally unveiled his Hercules look in its entirety.

Via Twitter, he posted a photo revealing his full beard, shoulder-length brown locks and armour. In the caption accompanying the photo he wrote: "The world's first superhero. #TilDeathOrVictory."

At 6 feet 5 inches, the extremely muscular Johnson, known from his pro wrestling days as "The Rock," said he trained harder for Hercules, which hits theatres July 25, than for any other role. "But in the end," he added. "It was all well worth it."

THE ASSOCIATED PRESS

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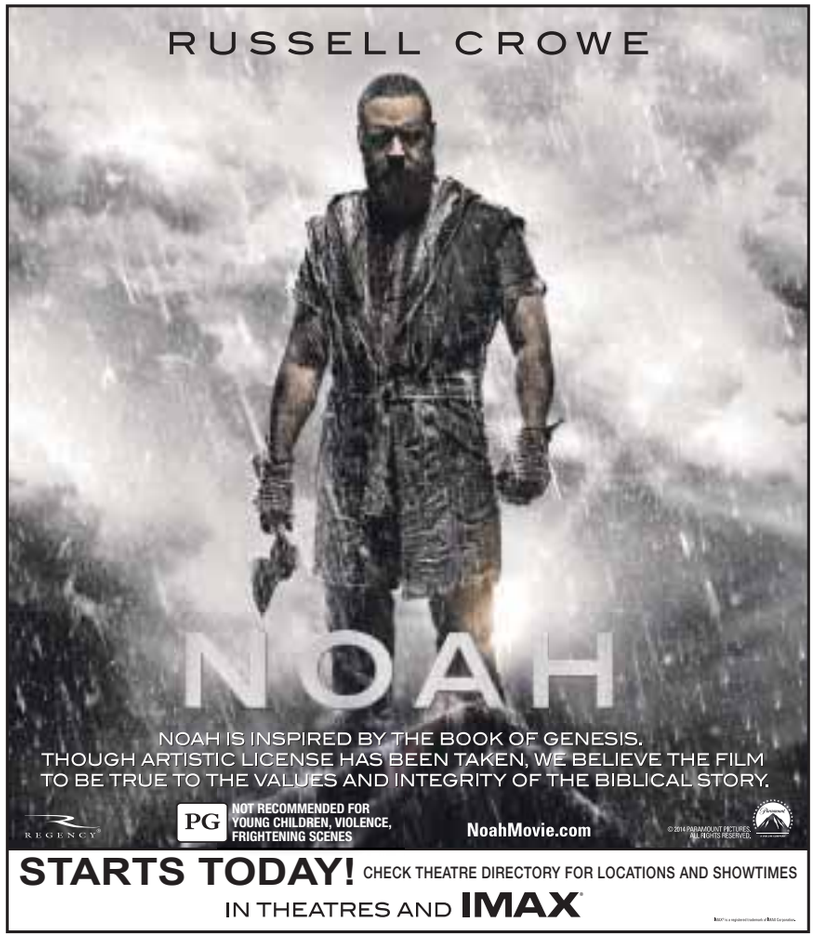
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THESE PAGES COVER MOVIE START TIMES FROM FRI., MAR. 28 TO THURS., APR. 3. TIMES ARE SUBJECT TO CHANGE.

Muppets Most Wanted. CONTRIBUTED

Cinema City McGillivray 2190 McGillivray Blvd.

300: Rise of an Empire 3D (18A) Fri-Wed 7:30-10 Thu 6:50
Bad Words (14A) Fri 5:30-7:50-10:05 Sat-Thu 1:15-3:25-5:30-7:50-10:05 Fri 7-9:55 Sat-Sun 3:30-6:30-9:25 Mon-Wed 7:30-10:25 Thu 6:45-10:20
Bolshoi Ballet: Marco Spada (STC) Sun 12:55
Captain America: The Winter Soldier (PG) No Passes Thu 9
Captain America: The Winter Soldier 3D (PG) No Passes Thu 8-9:30
Divergent (PG) No Passes Fri 4-5-7:05-8:15-10:25 No Passes Sat 1:15-2:05-4:20-5:15-7:25-8:20-10:30 No Passes Sun 1:15-1:20-4:20-5:15-7:25-8:20-10:30 No Passes Mon-Wed 1:15-2:05-4:20-5:15-7:25-8:20-10:30 No Passes Thu 1:15-1:45-4:20-4:55-7:25-10:30 No Passes Fri 6:30-9:20 No Passes Sat-Sun 3-6-8:50 No Passes Mon-Wed 6:30-9:35 No Passes Thu 7:15
The LEGO Movie 3D (G) Fri 4:45 Sat-Wed 2:15-4:45 Thu 2-4:25
Mr. Peabody & Sherman (G) Sat-Thu 2
Mr. Peabody & Sherman 3D (G) Fri-Thu 4:30-7-9:30
Muppets Most Wanted (G) Fri 4:10-6:50-9:25 Sat-Thu 1:30-4:10-6:50-9:25
Need for Speed 3D (PG) Fri 4:25-7:20-10:15 Sat 1:25-4:25-7:20-10:15 Sun 4:25-7:20-10:15 Mon-Thu 1:25-4:25-7:20-10:15
Noah (STC) No Passes Fri 4:15-7:15-10:20 No Passes Sat-Thu 1:20-4:15-7:15-10:20 No Passes Fri 7:40-10:35 No Passes Sat-Sun 4-7:10-10:15 No Passes Mon-Wed 7-10 No Passes Thu 6:15-9:30

Cinema City Northgate 1399 McPhillips Street

Gravity 3D (PG) Fri 5-7:30-9:55 Sat-Thu 2-5-7:30-9:55
Her (14A) Fri 4-6:50-9:40 Sat-Thu 1-4-6:50-9:40
The Hobbit: The Desolation of Smaug 3D (14A) Fri 4:30-7:50 Sat-Thu 1:10-4:30-7:50
Jack Ryan: Shadow Recruit (PG) Fri 4:40-7:10-9:45 Sat-Thu 1:40-4:40-7:10-9:45
Kaum de Heere (STC) Fri 4:10-6:55-9:30 Sat-Thu 1:20-4:10-6:55-9:30
The Nut Job (STC) Sat-Thu 1:30
The Nut Job 3D (STC) Fri-Thu 4:20-7:05-9:20
Pagpag (PG) Fri 4:50-7:20-9:50 Sat-Thu 1:50-4:50-7:20-9:50
That Awkward Moment (14A) Fri 5:10-7:40-10 Sat-Thu 2:10-5:10-7:40-10

Cinematheque 304-100 Arthur

H & G (STC) Fri-Sat 7 Sun 2 Mon-Thu 7
Persistence of Vision (STC) Fri-Sat 9 Sun 7 Thu 9:30

City Cinema - Northgate 1399 McPhillips

Gravity 3D (PG) Fri 5-7:30-9:55 Sat-Thu 2-5-7:30-9:55
Her (14A) Fri 4-6:50-9:40 Sat-Thu 1-4-6:50-9:40
The Hobbit: The Desolation of Smaug 3D (14A) Fri 4:30-7:50 Sat-Thu 1:10-4:30-7:50
Jack Ryan: Shadow Recruit (PG) Fri 4:40-7:10-9:45 Sat-Thu 1:40-4:40-7:10-9:45
Kaum de Heere (STC) Fri 4:10-6:55-9:30 Sat-Thu 1:20-4:10-6:55-9:30
The Nut Job (STC) Sat-Thu 1:30
The Nut Job 3D (STC) Fri-Thu 4:20-7:05-9:20
Pagpag (PG) Fri 4:50-7:20-9:50 Sat-Thu 1:50-4:50-7:20-9:50
That Awkward Moment (14A) Fri 5:10-7:40-10 Sat-Thu 2:10-5:10-7:40-10

Famous Players Kildonan Place, 1555 Regent Ave W,

300: Rise of an Empire (18A) Fri-Wed 9:20
Captain America: The Winter Soldier 3D (PG) No Passes Thu 10
Divergent (PG) No Passes Fri 3:50-7-10:10 No Passes Sat-Thu 12:40-3:50-7-10:10
The LEGO Movie (G) Fri 4:20-6:45 Sat-Thu 1:45-4:20-6:45
Mr. Peabody & Sherman (G) Fri 4:40-7:30-10 Sat-Thu 2-4:40-7:30-10
Muppets Most Wanted (G) Fri 4:10-7:10-9:50 Sat-Thu 1:15-4:10-7:10-9:50
Need for Speed 3D (PG) Fri 4-7:20-10:15 Sat-Thu 1-4-7:20-10:15
Noah (STC) No Passes Fri 3:40-6:50-10 No Passes Sat-Thu 12:30-3:40-6:50-10

Grant Park 8 Cinemas 1120 Grant Ave.

300: Rise of an Empire 3D (18A) Dolby Stereo Digital Fri-Thu 7:05-9:35
Bad Words (14A) Dolby Stereo Digital Fri 4:10-7:10-10:05 Dolby Stereo Digital Sat-Thu 12:45-4:10-7:10-10:05
Captain America: The Winter Soldier 3D (PG) Dolby Stereo Digital, No Passes Thu 8
Divergent (PG) Dolby Stereo Digital, No Passes Fri 3:20-6:40-9:40 Dolby Stereo Digital, No Passes Sat-Thu 12:50-3:20-6:40-9:40
The Grand Budapest Hotel (14A) Dolby Stereo Digital, No Passes Fri 4-7-7:30-9:50-10 Dolby Stereo Digital, No Passes Sat-Thu 1-4-7-7:30-9:50-10
The LEGO Movie (G) Dolby Stereo Digital Fri-Thu 3:45
The LEGO Movie 3D (G) Dolby Stereo Digital Sat-Thu 12:40
Muppets Most Wanted (G) Dolby Stereo Digital, No Passes Fri 3:30-6:45-9:45 Dolby Stereo Digital, No Passes Sat-Thu 12:30-3:30-6:45-9:45
Noah (STC) Dolby Stereo Digital, No Passes Fri 3:40-6:50-10 Dolby Stereo Digital, No Passes Sat-Thu 12:20-3:40-6:50-10
Non-Stop (PG) Dolby Stereo Digital Fri 3:50-6:45-9:30 Dolby Stereo Digital Sat-Sun 1:05-3:50-6:45-9:30 Dolby Stereo Digital Mon-Wed 3:50-6:45-9:30 Dolby Stereo Digital Thu 3:50
The Nut Job (STC) Dolby Stereo Digital Mon-Thu 12:25
Philomena (14A) Dolby Stereo Digital Fri 5:05 Dolby Stereo Digital Sat-Sun 12:25-2:45-5:05 Dolby Stereo Digital Mon-Thu 2:45-5:05
Walking With Dinosaurs (G) Dolby Stereo Digital Mon-Thu 1:10

Landmark Globe Cinema 393 Portage Ave.

12 Years a Slave (14A) Dolby Stereo Digital Fri-Sun 1:15-4:10-7:15 Dolby Stereo Digital Mon 7:15 Dolby Stereo Digital Tue 1:15-4:10-7:15 Dolby Stereo Digital Wed-Thu 7:15
The Great Beauty (14A) Dolby Stereo Digital, Sub-Titled Fri-Sun 1-3:55-6:50-9:45 Dolby Stereo Digital, Sub-Titled Mon 6:50-9:45 Dolby Stereo Digital, Sub-Titled Tue 1-3:55-6:50-9:45 Dolby Stereo Digital, Sub-Titled Wed-Thu 6:50-9:45
Noah (STC) Dolby Stereo Digital, No Passes Fri-Sun 1:10-4-7-9:50 Dolby Stereo Digital, No Passes Mon 7-9:50 Dolby Stereo Digital, No Passes Tue 1:10-4-7-9:50 Dolby Stereo Digital, No Passes Wed-Thu 7-9:50

Landmark Towne Cinema 8

301 Notre Dame Avenue

300: Rise of an Empire (18A) Fri 7:15-9:45 Sat-Thu 12:55-7:15-9:45
300: Rise of an Empire 3D (18A) Sat-Thu 3:25
August: Osage County (14A) Fri 6:50-9:30 Sat-Thu 12:45-3:45-6:50-9:30
Captain America: The Winter Soldier 3D (PG) No Passes, Sneak Preview Thu 8
Divergent (PG) Fri 6:40-9:40 Sat-Thu 12:35-3:35-6:40-9:40
The LEGO Movie (G) Fri 7-9:15 Sat-Thu 12:40-3:10-7-9:15
Mr. Peabody & Sherman (G) Fri 7:10-9:20 Sat-Thu 1:05-3:20-7:10-9:20
Muppets Most Wanted (G) No Passes Fri 6:55-9:25 No Passes Sat-Thu 1-3:30-6:55-9:25
Need for Speed (PG) Sat-Thu 3:40
Need for Speed 3D (PG) Fri 6:45-9:35 Sat-Thu 12:30-6:45-9:35
Non-Stop (PG) Fri 7:05-9:30 Sat-Wed 12:50-3:15-7:05-9:30 Thu 12:50-3:15

SilverCity Polo Park 815 St. James Street

300: Rise of an Empire 3D (18A) Fri-Thu 12-2:25-5-7:40-10:05
Bad Words (14A) Fri-Tue 1:10-3:25-5:45-8:10-10:30 Wed 3:45-5:55-8:10-10:30 Thu 1:10-3:25-5:45-8:10-10:30
Star & Strollers Screening Wed 1:30
Bolshoi Ballet: Marco Spada (STC) Sun 12:55
Captain America: The Winter Soldier — An IMAX 3D Experience (PG) No Passes Thu 8
Captain America: The Winter Soldier 3D (PG) No Passes Thu 9:30
Divergent (PG) No Passes Fri-Sun 1:15-4:20-7:30-10:45 No Passes Mon-Tue 1:15-4:20-7:30-10:40 No Passes Wed 1:15-4:20-7:30-10:35 No Passes Thu 2:50-6:15 No Passes Fri-Sun 12:10-12:40-3:20-3:50-6:30-7-9:45-10:15 No Passes Mon-Wed 12:10-12:40-3:20-3:50-6:30-7-9:40-10:10 No Passes Thu 12:10-12:40-3:20-3:50-6:30-7-7:35-9:35-10:10
The Grand Budapest Hotel (14A) No Passes Fri 12:20-2:40-5:05-7:35-10:10 No Passes Sat 1:30-2:40-5:05-7:35-10:10 No Passes Sun 12:20-2:40-5:05-7:35-10:10 No Passes Mon 12:20-2:40-5:10-8:15-10:40 No Passes Tue-Thu 12:20-2:40-5:05-8:15-10:40
The LEGO Movie 3D (G) Fri 12:15-2:35-4:55-7:25-9:55 Sat 10:50-2:35-4:55-7:25-9:55 Sun 12:05-2:30-4:55-7:25-9:55 Mon-Thu 12:15-2:35-4:55-7:25-9:55
The Metropolitan Opera: Rusalka - Encore (STC) Sat 11:55
Monsters vs. Aliens (G) Sat 11
Mr. Peabody & Sherman (G) Fri-Thu 12:45
Mr. Peabody & Sherman 3D (G) Fri-Thu 3:05-5:20-7:50-10:20
Muppets Most Wanted (G) Fri-Sat 12-2:40-5:15-7:55-10:35 Sun 12-3:45-5:15-7:55-10:35 Mon-Thu 12-2:45-5:30-7:55-10:35
Need for Speed 3D (PG) Fri 1:05-4:40-7:45-10:40 Sat 1:45-4:45-7:45-10:40 Sun 1:05-4:40-7:45-10:40 Mon-Thu 1:05-4:25-7:30-10:30
Noah (STC) No Passes Fri-Tue 12:10-3:30-6:45-10 No Passes Wed 4:55-6:45-10 No Passes Thu 12:10-3:30-6:45-10 Star & Strollers Screening, No Passes Wed 1:30
Noah: The IMAX Experience (STC) No Passes Fri-Wed 1-4:10-7:20-10:40 No Passes Thu 1-4:10
Non-Stop (PG) Fri 12:05-2:45-5:25-8-10:25 Sat 12:05-5:25-8-10:25 Sun 2:45-5:25-8-10:25 Mon 1:10-3:55-10:15 Tue 12:05-2:45-5:25-8-10:25 Wed 12-2:30-8-10:25 Thu 12:05-2:35-5:05-10:45
Son of God (14A) Fri 12:50-4-7:10-10:20 Sat 4-7:10-10:20 Sun 12:40-7:10-10:20 Mon-Wed 12:50-4-7:10-10:20 Thu 12:30-3:35-10:20

SilverCity St. Vital 110-1225 St Mary's Rd.

300: Rise of an Empire 3D (18A) Fri-Thu 2:25-5-7:40-10:20
Bolshoi Ballet: Marco Spada (STC) Sun 12:55
Captain America: The Winter Soldier 3D (PG) No Passes Thu 9:30 No Passes Thu 8
Divergent (PG) No Passes Fri-Sun 1:10-4:20-7:30-10:40 No Passes Mon-Thu 1:05-4:15-7:25-10:30 No Passes Fri-Sun 12:30-3:40-6:50-10:10 No Passes Mon-Tue 12:15-3:25-6:40-10 No Passes Wed 12:15-3:25-6:40-10:10 No Passes Thu 12:15-3:25-6:40-10
Frozen (G) Fri-Sat 1:15-3:45 Sun 3:45 Mon-Thu 11:20-1:40-4:10
The LEGO Movie (G) Fri 2-4:30-7:10-9:45 Sat 10:50-2-4:30-7:10-9:45 Sun 2-4:30-7:10-9:45 Mon-Wed 11:30-2-4:30-7:05-9:45 Thu 11:30-2-4:30-7:05
Monsters vs. Aliens (G) Sat 11
Mr. Peabody & Sherman (G) Fri 12:20-2:45 Sat-Thu 12:25
Mr. Peabody & Sherman 3D (G) Fri 5:05-7:35-10 Sat-Sun 2:45-5:05-7:35-10 Mon-Thu 2:45-5:05-7:35-9:55 Sat 11:30 Mon-Thu 11:45
Muppets Most Wanted (G) Fri 2:30-5:10-7:50-10:35 Sat 11:50-2:30-5:10-7:50-10:35 Sun 1:50-4:45-7:50-10:35 Mon-Wed 11:50-2:30-5:10-7:50-10:35 Thu 4-6:30-9:40 Star & Strollers Screening Thu 1:30
Need for Speed 3D (PG) Fri-Sat 1-4-7-9:55 Sun 1-7-9:55 Mon-Thu 1-4-7-10:05
Noah (STC) No Passes Fri-Sun 12:50-4:05-7:15-10:30 No Passes Mon-Wed 12:50-4:05-7:15-10:25 No Passes Thu 7:15-10:25 No Passes Thu 12:50-4:05
Non-Stop (PG) Fri-Sat 12:20-2:50-5:25-8:05-10:45 Sun 12:40-4:5:25-8:05-10:45 Mon-Wed 12:20-2:50-5:25-8:05-10:40 Thu 11:40-2:10-4:40
Son of God (14A) Fri-Sun 6:40-9:50 Mon-Tue 6:45-9:50 Wed 9:50 Thu 6:45-9:50

Lauren Cohan stars as Maggie Greene on The Walking Dead. Cohan says being on the series for three seasons and being immersed in dark material has changed her personality. GENE PAGE/AMC/THE ASSOCIATED PRESS

Starring on The Walking Dead has made Lauren Cohan more 'subdued'

'Serious feeling in my heart'. Actress finds shift in temperament comes with fighting zombies for a living

Spending your days killing zombies apparently takes its toll. Actress Lauren Cohan said being on AMC's The Walking Dead for three seasons has had an effect on her.

"My temperament has changed since I've been on the show because of being immersed in this dark material all the time," Cohan said in a recent interview.

Cohan plays Maggie Greene on the post-apocalyptic zombie drama. So far this season Maggie has seen her father beheaded, was separated from her husband and doesn't know whether her sister Beth is alive, dead or undead.

Cohan said that while she loves the show, it's sometimes difficult to separate herself from her character and that she's become more "subdued."

"You come out of doing the show when you're like, 'OK, remember how to relax and remember picking up hobbies or whatever,' but remembering how to have frivolity as well has been difficult," the 32-year-old actress said.

Cohan said that in some ways, she feels that she's changed for the better because she doesn't have as many highs and lows as she used to, but adds that she now has a "serious feeling in my heart" that she sometimes wishes wasn't there.

Maggie and her husband were reunited in the show's penultimate episode. Now the couple and a host of other characters are headed for Terminus, which promises "sanctuary for all. Those who arrive survive."

Is that a good thing? Cohan isn't giving away any spoilers for the season finale. "It sounds too good to be true," Cohan said, adding that like everything else on the show, "It probably is." THE ASSOCIATED PRESS

Quoted

"You come out of doing the show when you're like, 'OK, remember how to relax.'"

Lauren Cohan, actress on The Walking Dead
on separating herself from her character

Don't miss the action

The season finale of The Walking Dead airs Sunday at 9 p.m. ET on AMC.

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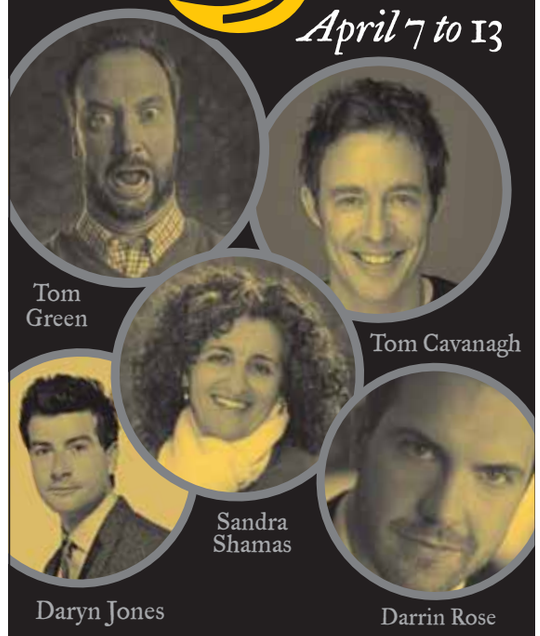

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Zac Efron ALL PHOTOS GETTY IMAGES

It beggars belief that Efron fought tramps — not such a glass act after all, Zac

Zac Efron seems to be having a hard time keeping out of trouble. The latest incident for the clean and sober star involves getting into a fight with a transient near L.A.'s Skid Row, according to TMZ. Efron and his bodyguard were reportedly stranded near an underpass of the 110 freeway after their car ran out of gas earlier this week and attracted the anger of nearby homeless men when Efron tossed out a glass bottle that shattered near an encampment. Tensions between the homeless men and Efron's camp escalated, with the High School Musical star reportedly taking a punch to the mouth. No arrests were made, as police could not single out anyone as the instigator in the "mutual combat" situation, according to police reports.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

There's Snow doubt at all fans want to see shy Kit's body

MELINDA TAUB
Metro World News

You can't be a Game of Thrones star and be a prude.

If you want to wash your hair, conceal your butt and leave your mother unscandalized, you'd better go into accounting. So sayeth Kit Harington, who stars as Jon Snow in the HBO epic, for now, until his character gets eaten by the Lannisters or something.

"It's only right, if you're going to make a show where nudity and sex is a large part of it, that you be a part of that," he told GQ.

As a matter of fact, Kit's parts have not yet been a part of that. The one time we saw Jon Snow's butt jumping into a river, Kit had a broken ankle and a stand-in had to perform the scene. He's not raring to take his turn stripping down, though.

"I wouldn't say I'd be happy about it," he said. "I'm not saying (if I would do a nude scene). Because I don't know. It would have to be f—ing well deserved."

I'll tell you who well deserves it: The show's female (and gay) fans, who have sat through breast after breast after breast, "well deserved" or not. But do what you want, Kit. Don't do anything you're not comfortable with.

Gwyneth Paltrow

Was Gwyneth's split from Chris due to a midlife crisis — and will she regret it?

Sources close to Gwyneth Paltrow think her split from husband Chris Martin could be due to a mid-life crisis she's currently weathering. "It does seem she is having a mid-life crisis," a source tells Radar Online. "To say she is obsessed with her physical appearance is also an understatement. Turning 40 seemed to do something to her psyche. She could very well regret the decision to separate from Chris. He is an amazing father and very supportive spouse."

Twitter

@ladygaga
I became a Twitter User exactly 6yrs ago. Was one of the 1st! Luv to all my followers from the original Twitter queen.

@Miles_Teller
When I was a kid it was all boogie men and black widows. Now it's opened mailboxes, rush hour traffic and expiration dates

@PamGrier
Must produce a reality show on the Secret Service.

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Liquid Assets

More to love about Italy

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Italy is a big chunk of the wine world. With 20 regions, and close to 1,000 different grapes growing, it ranks second only to France when tallying up total wine production.

Trouble is, even with so much variety, the wines from Veneto (Valpolicella and Pinot Grigio) and Tuscany (Chianti) make up the majority of what the average Canadian wine drinker is buying.

That leaves a lot of room for discovery, and a good place to start your journey is the central Italian region of Abruzzo — the country's fifth largest winemaker. The montepulciano grape calls the area home and it creates easy-drinking wines with a dark red colour, balanced acidity and rounded tannins, making them food-friendly and sippable by their lonesome.

Illuminati's 2012 Riparosso Montepulciano d'Abruzzo ($14.10 - $16.95) is a modern take on the style that spends only six months aging in oak which allows a dark, jammy goodness to dominate. Its ripe plummy flavour and dried cherry finish is an ideal partner for lamb, pasta with meat sauces, beefy burgers and aged cheeses. **PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Salad

Chicken Rice Noodle Salad with Coconut Milk Dressing

- 150 g flat rice noodles
- 2 x 200 g cooked chicken breast fillets, sliced
- 2 long red chili peppers, deseeded and finely sliced
- 4 finely shredded kaffir lime leaves
- 3 green onions (scallions), finely sliced
- 1/2 cup coriander leaves
- 1/2 cup mint leaves
- 1/2 cup basil leaves

Coconut Milk Dressing

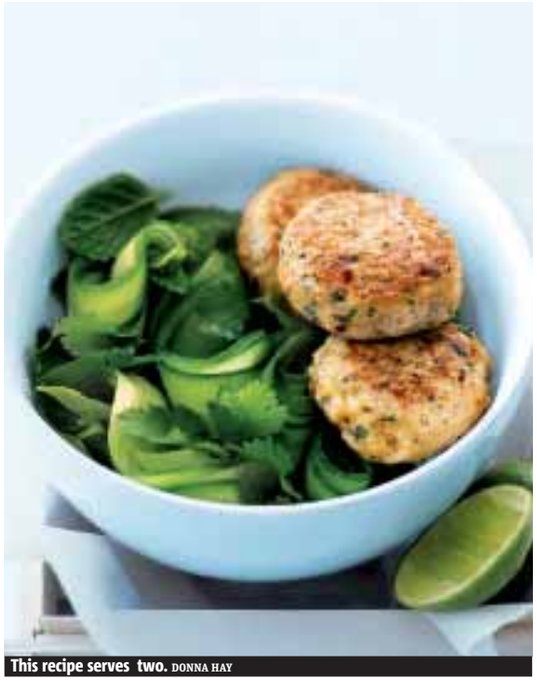
- 1/2 cup (125 ml) coconut milk
- 1 tbsp fish sauce
- 2 tbsp lime juice
- 1 tbsp caster sugar

Place rice noodles in bowl, cover with boiling water and stand 6 minutes or until soft. Drain and rinse. Toss noodles with chicken, chili, lime leaf, onion, coriander, mint and basil. Coconut milk dressing: combine coconut milk, fish sauce, juice and sugar. Pour over the salad to serve.

DONNA HAY, GUSTOTV.COM

Including unconventional flavours in your dishes doesn't have to be difficult. Bestselling Australian chef Donna Hay shows us how, with a delicious shallow-fried recipe from her cookbook Fast, Fresh, Simple.

Adding Asian accents: Simple Thai Fish Cakes



This recipe serves two. DONNA HAY

FAST, FRESH, SIMPLE
Donna Hay
gustotv.com

1. Place the fish, ginger, chili jam, coriander and egg white in the bowl of a food processor and process until smooth.

Ingredients

- 500 g firm white fish fillets, skin off
- 2 tbsp finely grated ginger
- 2 tbsp chili jam
- 1/4 cup coriander (cilantro) leaves
- 1 egg white
- vegetable oil, for shallow frying
- lime wedges, to serve

Cucumber and Lime Salad

- 1 tbsp lime juice
- 2 tsp fish sauce
- 1 1/2 tsp superfine sugar
- 3 Lebanese cucumbers, sliced with a vegetable peeler
- 1/4 cup mint leaves
- 1/4 cup coriander leaves

FLASH FOOD

From your fridge to your table in 30 minutes or less

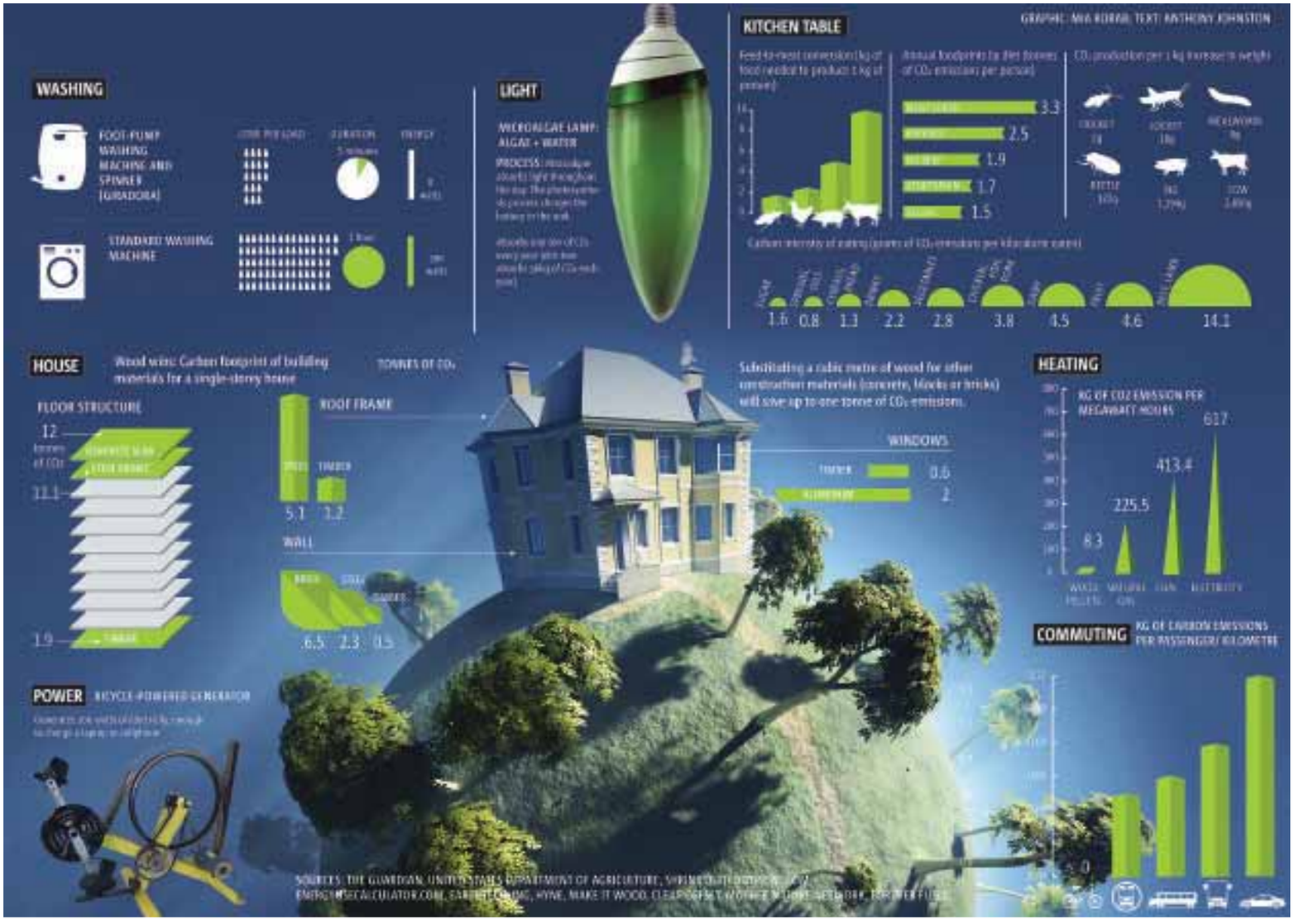
2. With slightly wet hands shape the mixture into 12 flat cakes.

3. Heat a non-stick frying pan over medium-high heat. Add 1 cm of oil and cook the fish cakes, in batches, 4 minutes each side or until cooked.

4. To make the cucumber and lime salad, place the lime juice, fish sauce and sugar in a bowl and mix to combine.

5. Add the cucumber, mint and coriander and toss to coat. Serve with the fish cakes and lime wedges. **WATCH DONNA HAY FAST, FRESH, SIMPLE THURSDAYS STARTING AT 10 P.M. EST/PT ON GUSTO TV, CANADA'S NEW FOOD & LIFESTYLE CHANNEL. VISIT GUSTOTV.COM FOR FULL PROGRAM LINE-UP AND MORE GREAT RECIPE IDEAS.**

How to live green for real in your home


KITCHEN TABLE
WASHING
FOOT-PUMP WASHING MACHINE AND SPINNER (GURADORA)
STANDARD WASHING MACHINE
LIGHT
MICROALGAE LAMP: ALGAE + WATER
HOUSE
Wood wins: Carbon footprint of building materials for a single-storey house
TONNES OF CO2
FLOOR STRUCTURE
ROOF FRAME
WALL
WINDOWS
Substituting a cubic metre of wood for other construction materials (concrete, blocks or bricks) will save up to one tonne of CO2 emissions.
HEATING
KG OF CO2 EMISSION PER MEGAWATT HOURS
POWER
RECYCLE-POWERED GENERATOR
COMMUTING
KG OF CARBON EMISSIONS PER PASSENGER/KILOMETRE

3 reasons why you should turn off the lights this Saturday

Be a superhero for the planet

Each one of us is powerful — more than we think — when it comes to the choices we make about what we consume, how we use resources, the products we buy and how we reuse and recycle. These efforts, multiplied around the world, have a major impact on the planet.

Earth Hour is this Saturday. In homes and cities all around the world, at 8:30 p.m. local time, people will switch off their lights as a symbolic demonstration of their commitment to conserve the planet.

WWF is excited about this year's partnership with Spider-Man for Earth Hour. And it is hugely inspiring that the stars of the The Amazing Spider-Man 2 — Andrew Garfield, Emma Stone and Jamie Foxx, along with director Marc Webb — are lending their support.

You, too, can help by switching off your lights for Earth Hour this weekend, but also in the ways you live your daily life and the choices you make, every day of the year.

Use the power of the crowd

The 2014 Earth Hour also sees the launch of an innovative digital crowdfunding and crowdsourcing platform, Earth Hour Blue, which aims to harness the power of the crowd to raise funds and awareness for essential on-the-ground environmental projects around the world.

With a few simple clicks, you can help deliver energy-efficient stoves to families in Madagascar, help communities in the Philippines build fibre-glass boats to withstand climate impacts like Typhoon Haiyan, support conservation of the iconic Table Mountain National Park in South Africa, and provide better equipment for WWF rangers protecting Indonesia's endangered wildlife — like the Sumatran tiger, elephant, rhino and orangutan, and their forest home.

You can also show your support for essential conservation projects around the world by adding your voice to important digital campaigns — such as helping end shark-finning in marine waters for the consumption of shark fin soup, and saving the Great Barrier Reef in Australia.

We love cities

Odds are you're reading this on your daily commute. Today, more than half of us live in urban spaces, generating more than 70 per cent of the world's CO2 emissions. But there is so much we can do to reduce our footprint on the planet, even in cities.

WWF's Earth Hour City Challenge was created to mobilize action and support from cities in the essential global transition towards a resilient, climate-smart future. The challenge celebrates and encourages the best of urban green innovations, in areas ranging from cleaner energy to more efficient buildings and less waste. Fourteen national winners and one global Earth Hour Capital are being announced this week, decided in part by the thousands of votes received online from citizens around the world.

It really is up to each one of us to save the planet — individually, as businesses or governments, and in groups of concerned citizens committed to bringing about positive change for this amazing planet we call home. And to do that, we all need to channel our inner superhero!

JIM LEAPE, DIRECTOR GENERAL OF WWF INTERNATIONAL

MLB spring training

Hutchison ready for the real thing

Drew Hutchison gave up one hit in 5 1/3 scoreless innings and led the Toronto Blue Jays past the Philadelphia Phillies 3-0 on Thursday.

Hutchison is scheduled to start Toronto's second regular-season game against the Tampa Bay Rays on Tuesday. He allowed a single to Jimmy Rollins in the fourth, walked three and struck out three.

The right-hander beat out several candidates, including Todd Redmond, Esmil Rogers and Ricky Romero, for a spot in the rotation. He was 5-3 with a 4.60 ERA in 11 starts as a rookie in 2012.

Dioner Navarro hit a sacrifice fly off Phillies starter A.J. Burnett in the fourth. Gabe Jacobo added a two-run single in the eighth.

THE ASSOCIATED PRESS

March Madness

Underdog Dayton dumps Stanford

Jordan Sibert scored 18 points, Kendall Pollard added a season-high 12 and Dayton rolled past Stanford 82-72 on Thursday to make the NCAA tournament's Elite Eight for the first time since 1984.

No. 11 Dayton (26-10) continued its underdog run and this one wasn't particularly close. The six-foot-four Sibert was spectacular, slashing to the basket and draining three-pointers, to help the Flyers lead for almost the entire night.

THE ASSOCIATED PRESS

The world curling championship gets underway in China just days after news dropped of an upcoming off-season shakeup of Kevin Koe's Team Canada rink.
ANDREW VAUGHAN/THE CANADIAN PRESS

Tumultuous times for Koe-favourites

Curling. Team Canada will try put back-room deals and rumours aside at world championship

Canada's Kevin Koe is trying his best to avoid distractions and focus on curling as he prepares for the men's world curling championship.

There have been a few challenges for Koe in the lead-up to the competition, which opens Saturday at Beijing's Capital Indoor Stadium. Chief among them is news that there are changes coming to his rink next season.

Koe's current lineup features second Carter Rycroft, third Pat Simmons and lead Nolan Thiessen. Rycroft, whose wife is pregnant, has already said he'll be taking a year off after this season.

Kevin Martin confirmed to The Canadian Press that Marc Kennedy and Ben Hebert will be leaving his rink to join Koe's next season while Sportsnet reported that Brent Laing of Glenn Howard's rink will round out the new foursome.

Koe preferred to keep his focus on the worlds and declined to comment on the coming changes.

The timing is less than ideal for Koe and his teammates. Gerry Peckham, the Canadian Curling Association's high-performance director, expects Koe to be able to lock in on the immediate task before him.

"Our analysis of his performance skills and performance attributes would suggest that he's an incredibly focused individual and is seldom distracted by anything external to the game at hand," Peckham said. "I think those teammates have looked in each other in the eye again, squared their shoulders, are shaking each other's hands and are now moving on to complete this journey of a world championship." THE CANADIAN PRESS

Duvernay-Tardif doesn't disappoint

Canada's Laurent Duvernay-Tardif has his eyes set firmly on the upcoming NFL draft.

Under the gaze of nine NFL and four CFL scouts, Duvernay-Tardif confirmed why he's one of the most touted Canadian football prospects in recent memory.

The six-foot-five offensive lineman for the McGill Redmen had his private pro day in Montreal on Thursday. He leapt, sprinted and tackled during the two-hour training session, setting personal bests and impressing his visitors from out of town.

It's been a while since a CIS player garnered such attention from both sides of the border.

"It doesn't happen every day, sure," said the 23-year-old, who chose to let scouts from both professional football leagues assess his abilities simultaneously, rather than attend last week's CFL combine. "And it's not every day a Canadian gets the opportunity to do what I'm doing. I don't know if this is historic. But I'm really happy it happened to me."

Statement made

"It was time to show what I could do. I knew what I was going to hit. I hit those numbers, and even better."

Laurent Duvernay-Tardif on his combine results.

Duvernay-Tardif, a medical student at Montreal's McGill University, is projected as a third- to fourth-round pick in May's NFL draft.

The native of St-Hilaire, Que., scored a personal best in the broad jump Thursday, and some scouts clocked him in at less than five seconds in the 40-yard dash — impressive results for a player weighing just under 300 pounds.

Scouts from Oakland, Kansas City, Philadelphia, Arizona, New York, Green Bay, Chicago, San Francisco and Buffalo gathered in Montreal to see first-hand if the Quebecois player has what it takes to compete in the U.S. THE CANADIAN PRESS

Laurent Duvernay-Tardif won the J.P. Metras Trophy as the top lineman last season in the CIS.
THE CANADIAN PRESS FILE

4 SPORTS

Canadian pair takes home bronze

Eric Radford and Meagan Duhamel perform their bronze medal-winning free program at the world figure skating championships on Thursday in Saitama, Japan. CHRIS MCGRATH/GETTY IMAGES

World figure skating championships.
Japan's Mao Asada sets new world record in women's short program

Canada's Meagan Duhamel and Eric Radford won a pairs bronze medal at the world figure skating championships Thursday while Mao Asada of Japan set a world record to finish first in the women's short program.

Duhamel, from Lively, Ont., and Radford, from Balmertown, Ont., were third with 210.84 points. Teammates Kirsten Moore-Towers of St. Catharines, Ont., and Dylan Moscovitch of Toronto were fourth.

Duhamel and Radford, who were seventh at the Sochi Olympics, also won bronze at last year's world championships in London, Ont.

"In some ways I think that this bronze medal feels even better than the last one," Radford said. "This season was just a lot more difficult and we had a lot more downs than we did last season. Especially after the Olympics, with our sort of disappointing result, we had to really pull ourselves together and to shift our point of view to just go out here and do it for ourselves.

"And then to go out there and to actually do it and be back on the podium, it's a huge thing for us. We are just so proud of ourselves."

Germany's Aliona Savchenko and Robin Szolkowy won the gold, claiming their fifth title in the event they have dominated since 2008.

Skating to Chopin's Nocturne, Asada hit her trademark triple Axel at the start of her routine and completed all her remaining jumps to finish with 78.66 points, surpassing the previous record of 78.50 set by Yuna Kim at the Vancouver Olympics.

"As the last competition of this season, I am happy to skate the best short program," said Asada, a two-time world champion. "My mission here is to perform both programs perfect so already half is done and tomorrow I want to focus on showing everything I have practised."

Carolina Kostner of Italy was second with 77.24 points followed by Julia Lipnitskaia of Russia, who had 74.54 points. Kim, the defending champion, has retired and Olympic gold medallist Adelina Sotnikova of Russia isn't competing at the worlds.

Kaetlyn Osmond of Marystown, N.L., was eighth and Gabrielle Daleman of Newmarket, Ont., was 14th.

THE CANADIAN PRESS

Salchow slip

- Skating to music from the Alice in Wonderland soundtrack, Duhamel fell on a triple Salchow in what was supposed to be a three-jump combination for the Canadian pairs team. It was an otherwise clean performance.
- Duhamel and Radford, in only their fourth year together, will continue competing next season.

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Horoscopes

♈ Aries
March 21 - April 20
You'll make your presence felt today, especially at work where power planet Pluto encourages you to believe you are worthy of bigger and better things. You are entitled to be treated with respect — and you will make sure you get it.

♉ Taurus
April 21 - May 21
The planets will give you the confidence to let important people know what you are capable of. Don't worry that they might think you are being too pushy because that's just what they are looking for.

♊ Gemini
May 22 - June 21
Money matters and career issues are under good influences today, so be brave and make the first move if you feel there is cash to be made or a promotion to be won.

♋ Cancer
June 22 - July 23
With communications planet Mercury linked to Pluto in your opposite sign today you won't hesitate to call it as you see it. Some people may be shocked that you are so outspoken but you won't care in the slightest.

♌ Leo
July 24 - Aug. 23
If someone suggests you need to prove your commitment, maybe you should reconsider the status of your relationship. As far as you are concerned, it is a partnership of equals. If they can't agree, say goodbye.

♍ Virgo
Aug. 24 - Sept. 23
You're in a rebellious mood and may do something that shocks friends and enemies. Good. Too many people have been taking you for granted.

♎ Libra
Sept. 24 - Oct. 23
You will know if someone is lying to you today. There is no way they can pull the wool over your eyes. Whether or not you let them know you are not fooled is up to you. It may benefit you to play dumb.

♏ Scorpio
Oct. 24 - Nov. 22
Reach out to someone you have not seen or heard from in a while. Not only will you have plenty of gossip to catch up on, you may find your long-term plans coincide nicely.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be a rebel by nature but this is not a good time to rock the boat. Instead, find out what assistance friends and family members need and do what you can to help them realize their goals.

♑ Capricorn
Dec. 22 - Jan. 20
Pluto in your sign endows you with the courage to get things done, and today and over the weekend you will push yourself harder than you have done for a long time. But it's not just about physical effort. Think harder, and deeper, too.

♒ Aquarius
Jan. 21 - Feb. 19
An investment you made a while back will pay off today and you will be glad you had the sense to act on what your inner voice told you. What it's telling you now is to not get carried away.

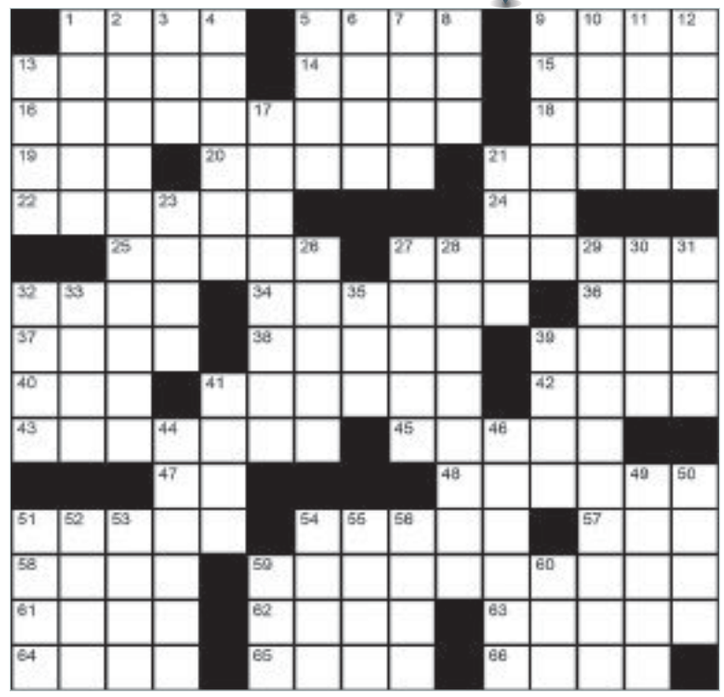
♓ Pisces
Feb. 20 - March 20
Even if you are the kind of Pisces who does not like to rock the boat, you will let certain people know where they have been going wrong.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

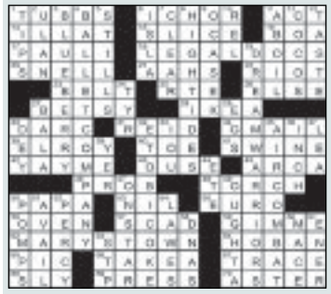
BY KELLY ANN BUCHANAN



Across
1. Snake sounds
5. Staff on a ship
9. Kitchen knife-using move
13. "Lorna __" (1951)
14. Actress Ms. Turner (b.1921 - d.1995)
15. Practitioners of it might be wearing Lululemon
16. Mega music event this weekend: 2 wds.
18. Ernie's pal
19. Work unit
20. Eras
21. Rhinoplasty targets
22. Montreal's __ College
24. Certain conjunction
25. Prone to drips
27. Reside ruggedly: 2 wds.
32. Honest
34. Denizens of The Hawkeye State
36. 'Press' suffix
37. Plucked instrument
38. Milan-based fashion house
39. Marie-Claire's friend
40. Banqueted
41. Unravel the scarf and start all over again
42. Fewer
43. Intersection in #17-Down, __ and Main
45. Spherical
47. Out's opposite
48. Gives warning
51. Canadian Transport Minister, Lisa __
54. Single-named male model
57. Eggs, Latin-style
58. Opposing
59. "Kids in the Hall: __ __" (1996)
61. __-Cola
62. "I Got You __" by Sonny & Cher
63. Decks, in boxing
64. Comic actress Madeline
65. Blue hue
66. Competed on "American Idol"

Down
1. "This milk is __ _ bit, don't you think?" (Milk-drinker's complaint)
2. An attendee at #16-Across
3. __-Cone
4. "Airport" (1970) director, George __
5. __ up (Become tight-lipped)
6. Uncommon
7. Terminates
8. Existed
9. Robotically-enhanced Sci-Fi human
10. Works the flower beds
11. Demon
12. Mr. Sajak's
13. Spun/scratched the LPs
17. Setting of #16-Across
21. We: French
23. Certain
26. Singer, Thom __
27. "You Turn Me On, I'm a __" by Joni Mitchell
28. Where some commuters are right now: 3 wds.
29. Jessica Tandy's Canadian actor hubby who starred in "Cocoon" (1985): 2 wds.
30. Flower kind
31. Football accessories
32. Envelope part
33. Using-a-street thing
35. Pallid
39. "No word of _ __." (True)
41. Mouth off
44. Renaissance painter from Venice
46. Barricades
49. The Littlest Hobo, e.g.: 2 wds.
50. Pronounces
51. Coat __
52. Small buffalo
53. Yen
54. Skirmish
55. Rhyming scheme
56. "Tres __!"
59. UK network
60. Battery size

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2				3			5	
5	3		9					6
		4			8			
9	7			1				
	6						3	
				5			4	8
			1			5		
7					3		6	1
	9			6				2

Yesterday's Sudoku

8	4	1	5	9	3	7	2	6
6	5	9	7	2	8	4	1	3
3	2	7	4	1	6	8	5	9
1	8	6	9	7	4	5	3	2
7	9	5	6	3	2	1	8	4
4	3	2	8	5	1	9	6	7
5	1	4	2	6	7	3	9	8
2	7	3	1	8	9	6	4	5
9	6	8	3	4	5	2	7	1

Weather

TODAY	SATURDAY	SUNDAY
MAX: -7° MIN: -13°	MAX: -1° MIN: -8°	MAX: -6° MIN: -22°

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March 2014

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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